



Warm Up: Back Day!

- Band Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



Metcon: 5 Rounds

Row DB 200m Each Round

Clean DB 4 Each Round

- 1000m Row
- 20 Db Clean to OH(35/50#)
- 12-16/16-20 Cals Biked

Into → R-O-T

S/A Db Low Row: Any Variation

4-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

AMRAP: 5 Round Cap

- 14 BW Superman
- 12 Bird Dogs(ttl)
- 10 K to B
- 8 Ball Slams w/ Rotation(ttl)



April 17th

Audio

