

April 19th

Warm Up: Arm Baseline Day! Baseline last done 8/29/23

- Band Rotator Cuff
- Db Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch

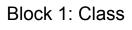
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<u>Odd:</u>

- 100m Run
- 5 Db Sup Curls
- 3 Ball G to S
- 1 Chin Up

Even:

- 5 or 7 Cal Bike
- 7 Db OH Ext
- 5 Db Floor Ext
- 3 BB





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Audio



