



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



AMRAP: 30 Rounds Choose Weights

Odd:

- 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



April 19th

Audio

