



Warm Up: **Shoulder Day!**

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x15
 - Band Pulls x15
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x15;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



Alt E2MOM: 10 Rounds

Odd

- 12-15 Db Shoulder Press @ 40%
- 10-20 Plank Ball Tosses(ttl)

Even

- 8-12 Db High Rows w/ Pause
- 10-20 K to B/V-Ups



Metcon: 22 Mins

- 12-20/16-24 Cal Bike @ 70%
- 12 Ball Tosses
- 5 Db High Pulls(ea) @ Max
- 1:30 Rest



April 24th

Audio

