



## Warm Up: **Arm Day!**

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



## Partner Metcon: 4-5 Rounds

### You go, I go

- 1:00 Bike to 60 or 80 Cals
- 1 Ball Clean to OH to 16
- 3x60/30 Singles/DU(ea)
- 5 Chin Ups to 20, 30, or 40
- 15 Db OH Ext(ea;same time)



April 25th

Audio

