

April 28th

Warm Up: Chest Day!

- Band Rotator Cuff Warm Up
- MB Tempo Presses
- Shoulder/Chest Foam Rolling
- Db OH Mobility
- S/A Db Chest Activation
- Warm Up Chest Press!

May 28th

Block 1: 25 mins

<u>Db Chest Press:</u> 3-5 Sets w/ 1-1:30 TOR • 8-12 Reps @ 50-60%

Lifting Option!

Metcon Option!

Superset:

3-4 Sets w/ 1:30 TOR

- 8-12 Incline Press @ 50-60%
- 8 Incline Fly/Press @ Max

Decline Press:

3-4 Sets w/ 1:00 TOR

• 8-12 Reps @ Max

R-O-T EMOM:

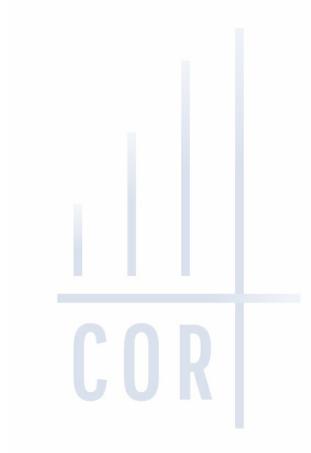
- 1. :40 Row @ Pace
- 2. 12-15 Db Incline Press
- 3. :40 Bike @ Pace
- 4. 12-15 Db Tricep Press

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Block 2: 6 mins

<u>AMRAP: 5 Mins</u>Step Over PU

1:00 Transition Into \rightarrow Block 3



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Aerobic Intervals: 16 Mins

- 3:00 Run @ 60%+
- 1:00 Active/Walking Recovery
- 2:00 Run @ 60%+
- 1:00 Run @ 70%+
- 1:00 Bike @ Pace
- 1:00 Active/Walking Recovery
- 2:00 Run @ 60%+
- 1:00 Run @ 70%+
- 1:00 Bike @ Pace
- 1:00 Active/Walking Recovery
- 1:00 Run @ 70%+
- 1:00 Bike @ Pace

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Audio

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