



Warm Up: Back/Grip Day!

- Band Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



Grip Work: 22 Mins

Partner A - Pacer

- Db Death March 20 Steps

Partner B

- Rowing @ 60% & <27 S/M

After Each Round - You go, I go

16 Alt Ball Clean to S(ttl)



Grip Work Part 2: 20 Mins

Partner A - Pacer

- 10 Strict Pull Ups

Partner B

- Db Hold

After Each Round - Same Time

30 Cals Rowed(ttl)



April 29th

Audio

