



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



April 2nd

Lifting Option

MB Activation: 4 Rounds

- 20 Plank Taps(ttl)
- 20 OH Pulses

S/A Db Push Press:

4-8 Sets 1:00 TOR

- 3-10 Reps(ea) Ramping

Db High Row:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps w/ Pause

Superset:

4-5 Sets w/ 1:30 TOR

- 8-10 Db Upright Rows
- 12-15 Db Lateral Raises

Metcon Option

Let Meters Accumulate

Every 10:00 Switch(Running Clock)

#1

- 3:00 Run @ Pace
- 40 or 50 Db Push Press(35/50#)
- 10 or 20 Walkout Planks
- AMRAP Run

#2

- 30 Db High Pulls(ea) @ Max
- 2:00 Run @ Pace
- 30 or 40 Ball Tosses
- AMRAP Run

#3

- 1:00 Rest
- 3:00 Run @ Pace
- 60 Db Alt High Rows(ttl)
- 16/20 Cal Row
- AMRAP Run

#4

- 36, 41, 52, 60, or 4:00 Bike Ride
- 8 or 12 BB
- 1:00 Run @ Pace
- 8 or 12 BB
- 1:00 Run @ Pace
- 8 or 12 BB
- AMRAP Run

Block 1: Class



