



Warm Up: Chest Day!

Cycle Week #9/12

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



Db Chest Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 60%

Db Incline Press w/ Pause:

3-4 Sets w/ 1:30 TOR

- 8-12 Reps @ 30-40%

Into → AMRAP

R-O-T:

- 1:00 Run @ Pace
- :20 AMRAP PU



Metcon: 20 Mins

- 300 or 400m Run
- 8-10/10-12 Cals Biked
- 8 Db Pullovers
- 10 Ball Step Overs(ttl)
- 12 Bench Leg Raises w/ Tempo
- 14 BW Step Overs(ttl)



Cycle Week #9

1. Continue Warm Up
2. 5x6-4 w/ 1 WC heavier than week #7
 - 3-4:00 TOR

Into → R-O-T

In Order:

4-5x4-8 @ Max w/ 3:00 TOR

1. Incline Press
2. Decline Press
3. 50 or 100 PU



