



Warm Up: Back Day!

Mini Cycle #7/8

- 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)



AMRAP: 5 Mins

- Strict Pull Ups

Into → R-O-T

AMRAP:

- 500m Row(Once)
- 8 Rotational Ball Slams(ttl)
- 6 Ball Squat Clean Thrusters
- 10 Superman



AMRAP: 5 Mins

- Strict Pull Ups

Into → R-O-T

AMRAP:

- 500m Row(Once)
- 8-12 Db Low Rows @ Max
- 1:00 Rest



AMRAP: 5 Mins

- Pull Ups(Any Variation)

Into → R-O-T

AMRAP:

- 500m Row(Once)

Choose One

#1

- 8/10 Cals Biked
- 6 or 8 BB
- :30 Rest

#2

- 8-12 Db Pullovers @ Max
- 1:00 Rest



