



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



Metcon: 4 or 5 Rounds

- 10 Db Thrusters(35/50#)
- 200, 300, or 400m Run
- 10 Db Push Press w/ Same Weight
- 2:00 Rest(Not Last Round)

After Last Round Into →

- 1600m Run or 10 Mins

Whiteboard When Finished!



On Whiteboard

Chipper: In Order

- 30 Db High Rows w/ Pause
- 30 MB Plank Taps
- 30 Db Upright Rows w/ Pause
- 30 MB Plank Taps
- 30 Bench Lying Reverse Flys
- 30 MB Plank Taps



April 8th

Audio

