



Warm Up: Back 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)



E4MOM: 5 Rounds

- 28-56 Cals Biked (7-14/min)

Or

- 32-64 Cals Rowed (8-16/min)



Pull Up Progression:

Rest @ Pace For All

1. 3x:20-:30 Dead Hangs
2. 3x5-8 Dead → Active(Retraction)
3. 8 Pull Up Negatives(Jump if needed)
4. 25-50 Strict Pull Ups

AMRAP: 4 Round Cap

- 8-10 Db Pullovers @ Max
- 8 Db Cleans(35/50#)
- 6 HRPU
- 4 Db Gibson's



May 12th

Audio

