



Warm Up: **Arm Day!**

- Band Rotator Cuff
- Db Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



May 14th

Db Tricep Extension:

4-5 Sets w/ 1:00 TOR

- 8-20 Reps @ Max

Db Conc Curl:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

Tricep Superset:

3-4 Sets w/ 1:30 TOR

- 8-10 Db OH Ext w/ Pause
- Tricep Pulldowns to Failure

Bicep Superset:

3-4 Sets w/ 1:30 TOR

- 8-10 Db Hammer Curls
- Chin Ups to Failure

Tricep Superset:

3-4 Sets w/ 1:30 TOR

- 10-15 Db Tricep Kickbacks
- Dips to Failure

Bicep Superset:

3-4 Sets w/ 1:30 TOR

- 8-10 Db Supinated Curls
- 12-15 Db Wide Curls

Between Exercises:

(Optional) - 2 Rounds

- 7-12 Cals Biked
- 8 Ball Cleans
- 4-8 BB



On Whiteboard

Metcon: 5 Rounds

- 400, 600, or 800m Run
- 20 Db Tricep Ext UB
- 16 Db Incline Sup Curls
- 12 Db OH Ext @ Max UB
- 8 Chin Ups UB
- 4 Db Man Makers



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Audio

