



Warm Up: Chest Day!

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



Alt EMOM: "X" Rounds(46 Cap)

- :45 Run @ 60%+

Or

- 200m Run

1. 60 or 100 Chest Press @ 40-50%
2. 30, 50, or 75 BB
3. 60 or 100 Core Choice
4. 60 or 100 Incline Tricep Press @ 30-40%
5. 50 Ball G to S
6. 40/50 Push Ups



May 15th

Audio

