



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



E4MOM: “X” Rounds

- 12-15/16-20 Cal Bike Ride
- :30 Rest = Not Done <1:00
- 60, 80, or 100 Chin Ups

Db Tricep Ext:

4-5 Sets w/ 1:00 TOR

- 10 Reps @ Max

Db OH Ext:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

AMRAP Ladder: R-O-T

UB2 Each Round

- 2 S/A Db Devil Press
- 2 Db Supinated Curls
- 2 Ball Clean to OH
- 10 Aerobic Cals(No Change)



May 19th

Audio

