



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)



Pull Up Progression: Two Weeks Rolling **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
5. 100 Strict For Time(Just this)

Rowing Ladder: AMRAP

- 75 or 100 Cals & 20 Ball G to S
- 60 or 80 Cals & 20 Ball G to S
- 45 or 60 Cals & 20 Ball G to S
- 30 or 40 Cals & 20 Ball G to S
- 15 or 20 Cals & 20 Ball G to S

S/A Db Ext Low Row: No Bench

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max



May 20th

Audio

