



Warm Up: Shoulder Day!

Mini Cycle Week #2/8

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x15
 - Band Pulls x15
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



MC Week #2/8

Option #1(Practice)

Push Press Flow
Single or DBL Db

- 50 Reps(ttl)

Option #2(Progression)

Push Press w/ Hold
Single or DBL Db

“X” Sets w/ 1:30 TOR

- 8 Reps @ Max Ramping



EMOM: 4 Rounds

1. :40 Bear Crawl → Pull Through
2. :40 Bear Plank
3. :40 Row @ Pace



AMRAP: R-O-T

- 12/15 Cal Row (Optional)
- 14 Db High Row
- 12 Leg Raise w/ Tempo
- 10 Seated Db Arnold Press
- 1:00 Rest (If didn't row)



May 24th

Audio

