



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



Db Conc Curl:

3-4 Sets w/ 1:00 TOR

- 8-12 Reps(ea)

Db Seated OH Ext:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps Ramping

Ball Clean to OH:

- 40 Reps @ Max



Ball Clean to OH:

Pick Back Up

- 40 Reps @ Max

Db Tricep Ext:

100 Reps

- Every 25 = DB 1 WC

Metcon: R-O-T

- 16-20/20-24 Cals Rowed
- Chin Ups to Failure
- :30 AMRAP BB
- 1:00 Rest



