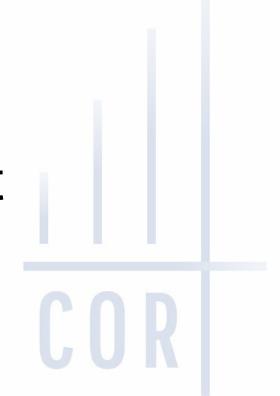
# COR

# 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

