



Warm Up: **Shoulder Day!**

Mini Cycle Week #3/8

- 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 #3/8

Light Db Practice!

1. 20 Seated Db S/A Press Hold(ea)
2. 10 Seated Db Press Hold
3. 30 Push Press w/ Flow
4. Set Bike & Rest

Into → 20 Mins

Metcon:

- 6-12 Cals Biked @ 80%
- 100 or 150m Run
- 8 Db Push Press UB
- 1:30 Rest



AMRAP: 12 Mins

- :40 Bear Crawl
- :20 Bear Plank
- 8 Db Upright Rows
- 10 Db Reverse Flys
- 12 Db Y's



May 30th

Audio

