



## Warm Up: Chest Day!

- Band Rotator Cuff Warm Up
- MB Tempo Presses
- Shoulder/Chest Foam Rolling
- Db OH Mobility
- S/A Db Chest Activation
- Warm Up Chest Press!



E4MOM: 4 Rounds

1. 20 Db Chest Press @ 40-50%
2. :40 P to E → Plank
3. :30 Push Up AMRAP
4. Rest

Into → R-O-T EMOM

- 8-16 Cals Rowed



Choose One:

4-5 Sets w/ 1:00 TOR

8-12 Reps @ Max

- Incline Press w/ Pause
- Decline Press w/ Pause



E2MOM: 4 Rounds

- :10 Bike Sprint
- AMRAP Run to 1:00 Mark



May 4th

Audio

