



## Warm Up: **Shoulder Day!**

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

## Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



1600m Run(10 min cap) or Row

4 Rounds: All w/ Db's

- 15 Kneeling Press @ 40%
- 12 High Rows @ Max
- 9 Lateral Raises @ Max
- 6 High Pulls(ea) @ Max
- 12-16/16-20 Cal Row

1600m Run(10 min cap) or Row

4 Rounds:

- 10, 15, or 20 Cal Bike
- 10, 15, or 20 Ball Tosses

AMRAP: R-O-T

- Same Aerobic Choice ^^



May 6th

Audio

