



## Warm Up: **Back Day!**

- Band Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



## Ball Ruck:

- 3x200m w/ 1:00 TOR

30 or 50 Strict Pull Ups

## Ball Ruck:

- 2x200m w/ 1:00 TOR

20 or 30 Strict Pull Ups

## Ball Ruck:

- 1x200m

10 or 20 Strict Pull Ups



On Whiteboard

5 Round Cap:

Reference yesterday(if applicable)

- 12-16/16-20 Cals Rowed
- 14 Db Pull Throughs(ttl)
- 10 BW Back Extension



May 7th

Audio

