



Warm Up: Shoulder Day!

Mini Cycle Week #5/8

- 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 #5/8

S/A Db Push Press:

“X” Sets Ramping w/ “X” TOR

- Warm Up Appropriately
- 3-8 Reps(ea)
- Find Stable Max & Perform 3-5 Sets

4 Rounds: Add Bosu if Applicable

- 400m Run/Row @ 70%+
- 12 S/L Db High Rows
- 12 S/L Db Lateral Raises

4 Rounds: Add Bosu if Applicable

- 200m Run/Row(**Optional**)
- 12 S/L Db Arnold Press
- 20/6 S/L Frontal Hops
- 20/6 S/L Lateral Hops



On Whiteboard: 4 Sets

- 20 MB Bear Plank
Taps(ttl)
- 20 MB S/L OH Pulses
- 12 S/L Db Reverse Flys
- 1:00 Rest



June 11th

Audio

