



## 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)



## Pull Up AMRAP:

- 12 Mins
- Any Variation
- Any Setup



E2MOM: 4 or 5 Rounds(ea)

Group A - Stop @ 1:30 Mark

- :40 Bar Hang → Db Hold
- AMRAP Singles/DU

Group B

- :45 Row @ Pace & <26 S/M
- Jefferson Curl Until 1:45 Mark

2:00 Transition/Rest



Buy Out:

- 1600m Run/Row!



June 12th

Audio

