



## Warm Up: Chest Lifting Day!

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



Any Order!

Choose **ONE** Option(if applicable)

## Db Chest Press:

1. 3-5x8-12 @ 60-50%
  - 1-1:30 TOR
2. 4x15-20 @ 30% w/ Tempo
  - 1:30 TOR

## Db Decline Press:

1. 3-5x8-12 @ 60-50%
  - 1-1:30 TOR
2. 3-5x6-12 Ramping
  - 1:30 TOR

## Db Incline Press:

1. 3-5x8-12 @ 50-40%
  - 1:30 TOR
2. 3-5x6-10 @ Max w/ Pause
  - 1:30-2:00 TOR

## Db Pullover:

- 3-5 Sets w/ 1:00 TOR
- 8-10 Reps @ Max(Bend)

## Push Ups:

1. Tabata Style(8 Rounds)
2. Regression Approach
  - 20, 35, or 50 Reps(ea)
3. 5:00 AMRAP

## Chest Superset:

- 3-4 Sets w/ 1:30 TOR
- 8 Db Fly-Press @ Max
  - 12-15 Db Tricep Press @ Max



## On Whiteboard

- Between Exercises = 30 Core Reps of Choice
- Mile time estimate = How many mins you take to run mile to end the class



June 13th

Audio

