



Warm Up: Chest Metcon 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!



Metcon: 4-5 Rounds

- 5-7 Db Chest Press @ 70%
- 400, 500, or 800m Run/Row
- 8 Db Incline Press w/ Pause @ Max
- 20 or 30 Sit Ups
- 7-15 HRPU
- 8 Ball Clean to OH



June 19th

Audio

