



## 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)



## Group A

### S/A Db Low Row:

**3-5 Sets w/ 1:00 TOR**

- 8-12 Reps @ Max

### Db Renegade Rows:

**4 Sets w/ 1:00 TOR**

- 20 Reps(ttl) @ Max Stable #

### Ball Clean to Shoulder:

**R-O-T EMOM AMRAP**

- 6-10 Reps @ Max



## Group B

E2MOM: 12 Round Cap

- :50 Run @ Pace
- AMRAP Strict Pull Ups

Done = 60, 72, 84, or 96 Reps



June 21st

Audio

