



Warm Up: Shoulder Day!

Mini Cycle Week #7/8

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x10
 - Band Pulls x10
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



Buy In:

- 1600m Run/Row

MC Week #7/8

Db Push Press:

Do #'s 1&2 or #3

1. Find Stable Max(Dbl Db)
2. Perform 3-5x7-10 w/ 1:30 TOR
3. Keep Practicing(S/A or Dbl)
 - OH Hold
 - Individual Reps
 - Flow



Superset:

3-4 Sets w/ 1:30 TOR

- 8 Db Upright Rows
- 12 Db Lateral Raises

Superset:

3-4 Sets w/ 1:30 TOR

- 8-10 Db High Rows w/ Pause
- 12 Db Y's

4-5 Rounds:

- 12-20 Aerobic Cals
- 16 S/A Db Reverse Lunges(ttl)
- 8 Walking Pikes
- 8 Ball Cleans



June 22nd

Audio

