



## Warm Up: **Arm Day!**

- Band Rotator Cuff
- Db Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



Ladder: 20 Min Cap

20/16/12/8/4

- Cals Biked
- Strict ChinUps
- Tricep Push Ups

EMOM: R-O-T

- 4-8 S/A Db Devil Press



## 8 Rounds:

- 200m Run/Row
- 6 Db Cross Body Curl(ttl)
- 6 Db Wide Curl
- 6 Db Seated OH Ext
- 7-12 Band Tricep Pulldowns

Or

- 7-12 Dips

## 4 Rounds:

- 400m Run/Row
- 12 Db Cross Body Curl(ttl)
- 12 Db Wide Curl
- 12 Db Seated OH Ext
- 15-25 Band Tricep Pulldowns

Or

- 15-25 Dips

## 2 Rounds:

- 800m Run/Row
- 25 Db Cross Body Curl(ttl)
- 25 Db Wide Curl
- 25 Db Seated OH Ext
- 30-50 Band Tricep Pulldowns

Or

- 30-50 Dips



