



Warm Up: Chest 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!



Regression Push Up Metcon:

2-3x100m Sprints After Each w/ :30 Rest

25, 40, or 50 Reps(ea)

- High Bench Decline
- Low Bench Decline
- HRPU
- CTG
- Regular
- Low Bench
- High Bench
- TRX @ Max



June 25th

Audio

