



## 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)



## Buy In/Out:

- 600 or 800m Ball Ruck
- Time of Buy In = Time for Out

## Ladder:

### UB1(50m)

- 50m Run/Row
- 1 BB DL @ Max
- 1 Strict Pull Up
- 1 Db Clean to OH(35/50#)
- 1 Walkout Plank Push Up



June 27th

Audio

