



Warm Up: Shoulder Day!

Mini Cycle Week #8/8

- 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



MC Week #8/8

Buy In:

- 1600m Run/Row

Db Push Press:

1. Find True **Stable** Db Max
2. Flow Sets → Choose One

All w/ 1-2:00 TOR

- 4-5x12-15 @ 50-60%
- 4-5x8-12 @ 60-70%
- 4-5x5-7 @ 70%+

Metcon: 16 Rounds

- 100m Run
- 5/7 Cals Biked
- 4 Db Push Press



Choose Any!

3-5 Sets w/ 1-1:30 TOR

Db S/A Bench High Row:

- 8-12 Reps(ea) @ Max

Db S/A High Pull:

- 4-8 Reps(ea) @ Max

Superset:

- 8-12 Seated Arnold Press
- 8-12 Db Y's

Trunk Work: 5 Rounds

- 8 Ball Slams w/ Rotation(ttl)
- 10-20 K to B UB →
- 8-10 Rollouts →
- 10 Hip Dips(ea)



June 28th

Audio

