



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!



Chest Press:

4-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ 60-50%

Incline or Decline Press:

4-5 Sets w/ 1-1:30 TOR

- 8 Reps @ Max w/ Pause

Warm Up For Cardio!



E5MOM: 4 or 5 Rounds

1. Run/Row @ 60%
2. ^^^ @ 70%+
3. 10-20 Ball Tosses UB
4. 12-15 Db Tricep Press @ Max
5. 10-25 High Bench Push Ups



June 30th

Audio

