



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!



Alt Rounds: 16 Rounds(ttl)

- 100 or 130m Run
1. 8-12 Db Chest Press @ 60-50%
 2. 20 BW Step Overs(ttl)
 3. 10-30 Push Ups UB
 4. 8-12 Cals Biked

Into → R-O-T

AMRAP: Choose One

:45 Rest Every Set

- 10-20 K to B UB
- 8-10 Rollouts
- 10-16 Plank Taps(ttl)



Db Tricep Press:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

30-40 Db Plank Pull Throughs(ttl)

Db Incline Fly-Press:

3-4 Sets w/ 1:00 TOR

- 8-10 Reps @ Max



