



Warm Up: **Arm/Shoulder Day!**

- 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



Seated Db Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 60-50%

Db Conc Curl:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

AMRAP: R-O-T

- Db Tricep Ext



E2MOM: 4-5 Rounds(ea)

Group A

- 12-16/16-20 Cals Rowed
- 8-12 Db High Rows w/ Pause

3:00 Rest/Transition

Group B

- 8-12/12-16 Cals Biked
- Max Chin Ups w/ Cap @ 12



