



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!



#1 - Lifting

TDb Chest Press:

4-5 Sets w/ 2:00 TOR

- 8-12 Reps @ 60-50%

Or

4-5 Sets w/ 3:00 TOR

- 5-8 Reps @ 70%+

TIncline or Decline Press:

4-5 Sets w/ 1:30 TOR

- 8-10 Reps @ Max

#2 - AMRAP Ladder

Press ## Up Each Round

15-12-9-6-3

- Db Chest Press
- Cals Biked
- Db Pullovers
- K to B or Tuck Ups
- Plank MB Taps(ea)
- 200 or 300m Run



E2MOM: 4 or 5 Rounds

- :20 Bike @ Max
- 12-15 Db Incline Tricep Press
 - @ Max

Into → R-O-T

AMRAP:

- 100m Run @ Max
- 5-10 Push Ups UB



July 11th

Audio

