COR

Warm Up: Arm Day! Mini Cycle Week #1/8

- Band Rotator Cuff
- Db Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



TMini Cycle Week #1/8

- 3x:20 Dead Hang w/:30 TOR
- 3x6 Dead to Active w/:30 TOR
- 5x5-10 Chin Ups w/ 1:00 TOR

TConc Curl:

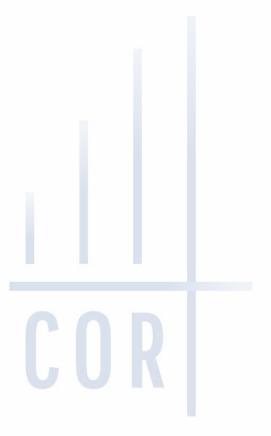
4-5 Sets w/ 1:00 TOR

• 8-10 Reps(ea) @ Max

TDb Tricep Ext:

4-5 Sets w/ 1:00 TOR

• 8-10 Reps @ Max



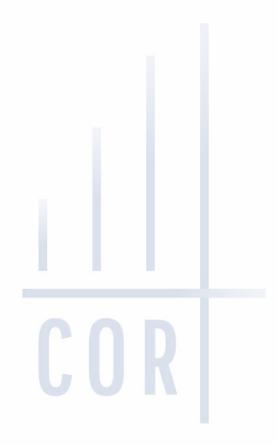
TAlt Seated Curl:

3-5 Sets w/ 1:00 TOR

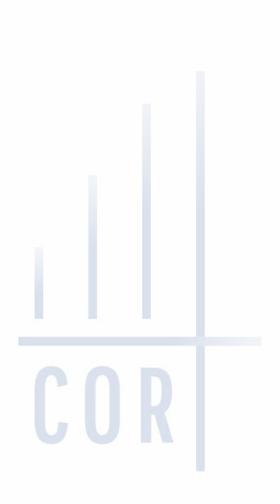
• 8-10 Reps(ea) @ Max

Metcon: R-O-T

- 1:00 Row or 12/16 Cals
- 15 Band Tricep Pulldowns
- 10-25 Dips UB







Audio