



## 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



T Mini 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

T Conc Curl:

4-5 Sets w/ 1:00 TOR

- 8-10 Reps(ea) @ Max

T Db Tricep Ext:

4-5 Sets w/ 1:00 TOR

- 8-10 Reps @ Max



T Alt 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



July 12th

Audio

