



Warm Up: **Shoulder Lifting 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



After Each Exercise:

- 20 MB Plank Taps(ttl)
- 20 MB OH Pulses

Optional

- 25 Aerobic Cals

T Standing Db Press:

3-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 60-50%

T S/A Ext High Row: Any Variation

3-5 Sets w/ 1:00 TOR

- 8-10 Reps(ea) @ Max

Superset:

3-5 Sets w/ 1:30 TOR

- 8-12 Seated Db Arnold Press
- 12-15 Db Lat Raises @ Max

Superset:

3-5 Sets w/ 1:30 TOR

- 12 Lying Reverse Flys
- 8-12 Db Y's



July 14th

Audio

