



## Warm Up: **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



E3MOM: 5 Rounds

1. 7-10 Db Push Press @ Max
2. 5-15 BB
3. :40 Db Pull Through



T Db High Pull:

5 Sets w/ 1:30 TOR

- 5-7 Reps(ea) Ramping

Db Superset:

3-5 Sets w/ 1:30 TOR

- 8-12 Seated Arnold Press @ Max
- 8-12 Seated Lat Raise @ Max

EMOM: R-O-T

- 8-15 Ball Tosses



July 21st

Audio

