



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!



T Chest Press:

1. 1 RM(Optional)

AFAP - Choose 1 Column

2. 10 or 20 Reps @ 70%

3. 20 or 30 Reps @ 60%

4. 30 or 40 Reps @ 50%

T Incline Press:

3-5 Sets w/ 2:00 TOR

- 8-12 Reps @ Max w/ Pause

AMRAP: R-O-T

- 10 Hip Dips(ea)

- :30 Rest



Metcon:

- 16/20 Cals Biked
- 20, 30, or 40 Push Ups
- 12/16 Cals Biked
- 16, 25, or 35 Push Ups
- 8/12 Cals Biked
- 12, 20, or 30 Push Ups
- 4/8 Cals Biked
- 8, 15, or 25 Push Ups



July 23rd

Audio

