



Warm Up: **Back Day!**

- Band Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



Lifting Option

Pull Up Work: 24 Mins

#1&2 = :30-1:00 TOR

1. 3-4x:20-:40 Dead Hangs
2. 3-4x:10-:25 Active Hangs
3. AMRAP Pull Ups

At 60+ into →

- Row @ Pace @ <27 S/M

Conditioning Option

E3MOM: 8 Rounds

- 5-8 Strict Pull Ups
- 7/10 Cals Biked
- 100-200m Run
- 5-10 Ball Tosses



Lifting Option

Db S/A Low Row:

4-5 Sets w/ 1:00 TOR

- 8-10 Reps(ea) @ Max

5 Rounds:

- 3-4 Ball Pick Ups
- :30 Rest

TRX Bridge Row:

4 Sets w/ 1:00 TOR

- 12 Reps w/ Tempo

Conditioning Option

Ladder:

Starting @ 40 & DB10

- Cal Row
- Db Renegade Rows(ttl)
- S/A OH Rev Lunge(ttl)
- 4-10 BB



July 24th

Audio

