



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



8 Rounds:

- 100m Run
- 8 Standing S/A Press @ 40-60%

Into → R-O-T

AMRAP:

- 12 Db Reverse Flys
- 8-12 Db Y's
- 1:00 Rest



Metcons:

#1

- 400, 600, or 800m Run or Row
- 40 or 50 Db Push Press @ Max

#2

- 300, 400, or 600m Run or Row
- 40 or 50 K to B or Tuck Ups

#3

- 200, 200, or 400m Run or Row
- 30 or 40 Ball Cleans



July 27th

Audio

