



Warm Up: Arm Day!

Mini Cycle Week #3/8

- Band Rotator Cuff
- Db Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- PVC Elbow Mobility



Mini Cycle Week #3/8

- 3x:20 Dead Hang w/ :30 TOR
- 3x6 Dead to Active w/ :30 TOR

Into → Ladder

Down & Up: DB4/2

18-14-10-6-2→18

10-8-6-4-2→10

- Cals Rowed
- Chin Ups
- Db Clean to OH(35/50#)



T Db Tricep Ext:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

T Db Alt Curl:

3-5 Sets w/ 1:00 TOR

- 8-10 Reps(ea) @ Max

5 Rounds: DB2

- 10 Walkout Plank
- 10 Db OH Ext @ Max(Ramp)
- 10 Db Sup Curl @ Max(Ramp)
- 10 Sprinter Hops(ea)



July 28th

Audio

