



## 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)



### AMRAP Ladder(s): 5 Rounds(ea)

**UB5 Each Round to 30**

#1

- 10 Db Clean to OH
- 10 Leg Raise w/ Tempo
- 10 Rollouts→TRX
- **10 or 15 Cals Rowed**

#2

- 10 Pull Ups
- 10 Db Low Rows
- 10 Walking Pikes
- **10 or 15 Cals Biked**

#3

- 10 Db Death March
- 10 Ball Squat Cleans
- 10 Db Pull Throughs
- **10 or 15 Cals Rowed**

#4 - 5 Rounds

- 500m Row
- **10 or 15 Cals Biked**



July 30th

Audio

