



Warm Up: Chest Lifting 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!



July 6th

In Order:

1. Warm Up to 70%
2. TDb Chest Press
 - 4-5x8-12 @ 80-60%
 - 2-3:00 TOR
3. TDb Incline Press
 - 3-5x8-12 @ 60-50%
 - 2-2:30 TOR
4. TDb Decline Press
 - 3-5x8-12 @ Max
 - 2-3:00 TOR
5. TDb Fly-Press
 - 3-4x8-12 @ Max
 - 1:30-2:00 TOR

In Between Exercises:

Optional - 2-3 Rounds

- 200m Run
- 10-15 K to B UB



