



Warm Up: Back Lifting 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)



Strict Pull Ups:

5 Sets w/ 1:00 TOR

- 5-10 Reps

S/A Db Low Row:

4-5 Sets w/ 1:00 TOR

- 8 Reps(ea) w/ Pause @ Max

Strict Pull Ups:

- R-O-T AMRAP



Alt EMOM: 8 Mins(ea)

Group A

- :30 Db Hold
- :30 Stationary Death March

Group B

- Rest

Into → R-O-T

EMOM: Baseline on 7/16!

- “X” Cals Biked

Try & Repeat Each Round!



July 7th

Audio

