



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



Metcon Ladder: 30 Min Cap

- 75 or 100 Cals Rowed
- 20 Db Kneeling Press @ 50-40%
- 60 or 80 Cals Rowed
- 20 Db Kneeling Press @ 50-40%
- 45 or 60 Cals Rowed
- 20 Db Kneeling Press @ 50-40%
- 30 or 40 Cals Rowed
- 20 Db Kneeling Press @ 50-40%
- 15 or 20 Cals Rowed
- 20 Db Kneeling Press @ 50-40%

Into → R-O-T

AMRAP:

- 6 Ball Clean to OH
- 10-15 K to B UB → Tuck Ups



E3MOM: 4 Rounds

1. 12 Db High Rows @ Max
2. 12-20 Ball Tosses UB
3. :40 Bear Plank

#2 Option

- 8-12 Db Upright Rows @ Max



