



## 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



## 2:00 Warm Up:

### 3 Alt Rounds(ea)

- :20 On
- :20 Off

### 1:00 Transition

## Alt EMOM: 5 Mins(ea)

### Group A - AMRAP

- 40/20 Singles/DU
- 8 BW Squats

### Group B

- Rest



## T Seated Db Press:

3-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 60-50%

600m Run or 4:00

## T Lying Db Rev Fly:

3-5 Sets w/ 1:00 TOR

- 12 Reps @ Max

600m Run or 4:00

## T Db Lat Raise:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max



