

August 2nd

<u>Warm Up:</u> 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

August 2nd

<u>2:00 Warm Up:</u>

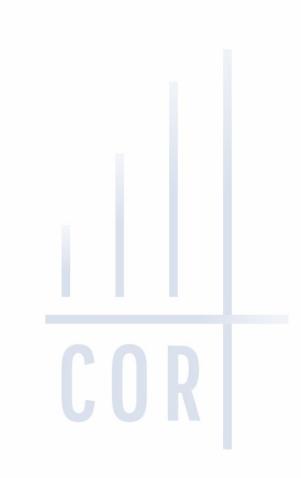
- 3 Alt Rounds(ea)
- :20 On
- :20 Off

1:00 Transition

Alt EMOM: 5 Mins(ea)

Group A - AMRAP

- 40/20 Singles/DU
- 8 BW Squats
- Group B
- Rest





T<u>Seated Db Press:</u>

- 3-5 Sets w/ 1:30 TOR
- 8-12 Reps @ 60-50%

600m Run or 4:00

TLying Db Rev Fly: 3-5 Sets w/ 1:00 TOR

• 12 Reps @ Max

600m Run or 4:00

TDb Lat Raise: 3-5 Sets w/ 1:00 TOR

• 8-12 Reps @ Max



August 2nd

Audio



