



## 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(s): 15 Mins(ea)

Group A - 100 Reps

- Standing Db Press @ 40%+

Every Break = 80/40 Singles/DU

2:00 Rest/Transition

Group B - AMRAP

- 200m Run
- 10 Db High Rows @ Max
- 8 Walkout Planks
- 6 Ball G to S



## Db Superset: @ Max

**3 Sets w/ 1:30 TOR**

- 8 Upright Rows
- 8 Lateral Raises

## T Lying Db Rev Fly:

**3-5 Sets w/ 1:00 TOR**

- 12 Reps @ Max



