



## Warm Up: **Back 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)



## Alt EMOM: 5 Mins(ea)

### Group A - AMRAP

- 30 or 40/20 Singles/DU
- 8 BW Squats

### Group B

- Rest



## Buy In & Out:

30 Reps(35/50#)

- Db Alt Snatches(ttl)

## 4 or 5 Rounds:

- 15-21/21-27 Cals Rowed
- 8 or 12 **Strict** Pull Ups
- 6 Ball Clean to OH
- 4 Db BB Deadlifts
- 12 Back Extensions



August 11th

Audio

