



## Warm Up: Chest Day!

- Band Rotator Cuff Warm Up
- Chest/Lat Foam Rolling
- Db S/A OH Mobility
- MB Tempo Presses
- S/A Db Chest Activation
- Warm Up Chest Press!



## Alt E2MOM: 4 Rounds(ea)

### Group A - AMRAP

- :10-:12 Bike Sprint(Once)
- 40/20 Singles/DU
- 2-4 BB

### Group B

- Rest



## Lifting Option

### Db Chest Press:

**3-5 Sets w/ 1:30-2:00 TOR**

- 8-12 Reps @ 60%+

### Db Incline Press:

**3-5 Sets w/ 1:30-2:00 TOR**

- 8-12 Reps @ 40%+

### Db Fly-Press:

**3-4 Sets w/ 1:30 TOR**

- 8-12 Reps @ Max

## Metcon Option

### E5MOM: 5 Rounds

- 1:30 Run @ 70%+
- 4 or 8 Push Ups
- 12 Db Chest Press @ 40-30%
- 4 or 8 Push Ups
- 8 Db Incline Press w/ ^^^
- 4 or 8 Push Ups
- Jog @ 40-60% for R-O-T



