



Warm Up: Arm Day!

Mini Cycle Week #6/8

- Band Rotator Cuff
- Db Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- PVC Elbow Mobility



EMOM: 4 or 5 Rounds

1. 8-12 Db Hammer Curls
2. 8-12 Db Floor Tricep Ext
3. 5-10 Chin Ups
4. :45 Bike or 8/10 Cals
5. :45 Run or 150m
6. 8-12 Db OH Tricep Ext
7. :45 Bike or 8/10 Cals
8. 5-10 Chin Ups
9. :45 Run or 150m
10. **Rest** or 7-12 BB



