

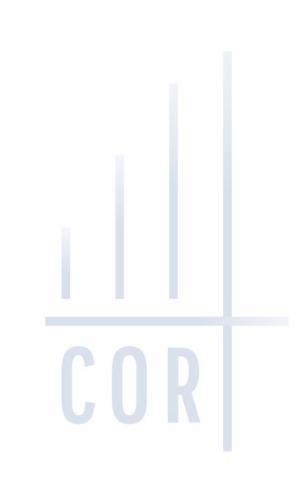
August 14th

- <u>Warm Up: Arm Day!</u> 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

August 14th

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



August 14th

Audio



