



## 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!



## TDb Chest Press:

- 100 Reps @ 40%+

Into → R-O-T

## AMRAP:

- 3 BB
- 5 Ball Clean to S
- 7 K to B



## T Db Incline Press:

- 60 Reps @ Same Weight

Into → R-O-T

## AMRAP:

- 3 Db Deadlifts @ 60%+
- 5 Push Up Pause
- 7 Db | Db OH Front Lunges(ttl)



- Db Decline Press: 5 Mins
- AMRAP Reps @ 40%+



August 18th

Audio

