



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)



Metcon's: 21 Min(ea)

Group A

- :45 Db Hold @ Max
- 8-10 Strict Pull Ups UB
- 6-8 Db Hang Clean to OH
- 4-6 BB
- 140/70 Singles/DU or 1:00

3:00 Rest/Transition

Group B

E3MOM: 7 Rounds

- 150m Ball Ruck

AMRAP - Stop @ 2:30 Mark

- 12/16 Cal Bike or Row



August 23rd

Audio

