

### August 23rd

# 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)

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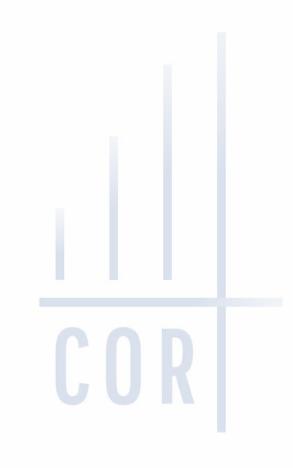
## <u>Metcon's:</u> 21 Min(ea) Group A

- :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



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Audio



