



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: 10 Min
Cap

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 60-50%

1:00 Transition

Rowing AMRAP:

8 Min Cap(Repeat)

- 80/100 Cals Rowed

If Finished → AMRAP PU



TDb Superset: 12 Min Cap

3-5 Sets w/ 2:00 TOR

- 8 Incline Press @ 50-40%
- 8-12 Db Tricep Press @ Max

1:00 Transition

Rowing AMRAP:

8 Min Cap

- 80/100 Cals Rowed

If Finished → AMRAP PU



EMOM: 5 Mins

Choose One

- 10-20 K to B/8-12 Rollouts
- 10-30 Push Ups
- 8-12 Db Decline Press @ Max
- 100-200m Run
- 7-16 Cals Biked



August 24th

Audio

