



Warm Up: Arm Day!

Mini Cycle Week #8/8

- Band Rotator Cuff
- Db Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- PVC Elbow Mobility



T Mini Cycle Week #8/8

1. 3x:20 Dead Hang w/ :30 TOR
2. 3x6 Dead to Active w/ :30 TOR
3. Max Chin Ups UB
4. 50 Reps AFAP



21-15-9-6: 10 Min Cap

- Db Cleans (35/50#)
- Db Tricep Extension
 - @ Max



AMRAP Ladder:

50-40-30-20-10

40-32-24-16-8

- Db Supinated Curls
- Db S/A Swings(ttl)
- (35/50#)



