



Warm Up: **Shoulder Day!**

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x10
 - Band Pulls x10
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



TAMRAP: 2 Rounds(ea)

Count for Reference!

- 2:00 Singles/DU
- Rest

2:00 Rest/Transition

15-10-5-10-15:

- Cals Rowed
- Db Push Press(35/50#)
- Push Ups



TDb S/A High Row:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

TDb Bench Rev Flys:

4-5 Sets w/ 1:00 TOR

- 10-12 Reps @ Max



TAMRAP: 2 Rounds(ea)

Count for Reference!

- 2:00 Singles/DU
- Rest

Second Rest = AMRAP BB



