



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)



Alt E4MOM: 3 Rounds(ea)

Group A - Track Rds/Reps

- 60/30-40 Singles/DU
- 8 Strict Pull Ups

Group B - Track Distance

- 2:00 AMRAP Run
- 1:00 Rest Off Tread
- :30 AMRAP Run



AMRAP Ladder:

- 16 Db RG Low Row w/ Pause
- 20 Db Pull Throughs(ttl)
- 20 Hollow Rocks
- 2 Ball Pick Ups to S
- 14 Db RG Low Row w/ Pause
- 16 Db Pull Throughs(ttl)
- 16 Hollow Rocks
- 4 Ball Pick Ups to S
- 12 Db RG Low Row w/ Pause
- 12 Db Pull Throughs(ttl)
- 12 Hollow Rocks
- 6 Ball Pick Ups to S
- 10 Db RG Low Row w/ Pause
- 8 Db Pull Throughs(ttl)
- 8 Hollow Rocks
- 8 Ball Pick Ups to S



August 5th

Audio

