



Warm Up: Chest Metcon 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!



30-20-10: 14 Mins

- Cals Rowed
- Chest Press @ 60%



4 Rounds: 4 Mins(ea)

3:00 On/1:00 Off

- :45 Db Hold(Once)
- 8 Db Decline Press @ $\wedge\wedge\wedge$
- 8 Ball Tosses



E2MOM: 4 or 5 Rounds

- :30 Bike @ 70%+
- Incline Press @ 40% to Failure



August 6th

Audio

