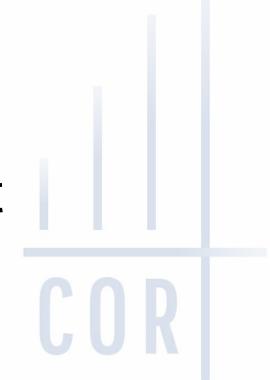
# COR

# Warm Up: Arm Day! Mini Cycle Week #5/8

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



### Mini Cycle Week #5/8: 8 Min Cap

- 3x:20 Dead Hang w/:30 TOR
- 3x6 Dead to Active w/:30 TOR
- 3x:20 Active Hang w/:30 TOR

### EMOM: 25 Mins

- 1. 5-15 Chin Ups UB(GA)
- 2. 10-15 Standing Db OH Ext(GB)
- 3. :30 Run @ Max
- 4. 8-10 Db Alt Curl(ea)
- 5. Tricep Dips to Failure



### **Lifting Option**

## TDb Tricep Ext: Bridge Weights If Needed

• 60 or 100 Reps @ Max

### TDb Supinated Curl:

2 Sets w/ 1:30 TOR

To Failure @ Max

### **Metcon Option**

### **AMRAP: 12 Mins**

- 10 Cals Rowed
- 8 Floor Db Tricep Ext
- 6 Db Hammer Curls
- 4 Tricep Push Ups
- 2 BB



