



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



