



## Warm Up: **Arm Day!**

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



## Group A - E5MOM

### 4 Rounds

- 200, 300, or 400m Run
- 8 Ball G to S
- 6 ^^ OH Rev Lunges(ttl)
- 4 S/A Db Devil Press(ttl)
- 2-10 Chin Ups UB

### 4:00 Rest/Switch

- 1:00 RS
- T2:00 AMRAP BB
- 1:00 RS

## Group B - Alt AMRAP

### #1

- 8-10/10-12 Cals Rowed
- 8 Db Curls
- 8-12 Db Wide Curls

### #2

- 8-10/10-12 Cals Biked
- 10 Db OH Ext w/ Pause
- 8-12 Db Kickbacks



