



## Warm Up: **Back Day!**

- Band/Db 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 EMOM:

4 Rounds(ea)

1. :30-1:00 Hang
2. Rest



- Group Work: 10 Min Cap  
You go, I go (Multiples of 5)  
**50 Reps Per/Member**
- Bench Over BB



## Db Lifting: In Order

- @ Max
- TOR @ Pace
- 1. 40-50 Low Rows w/ Pause
- 2. 30-40 Pullovers
- 3. 40-50 Pull Throughs(ttl)
- 4. 30-50 Db Cleans(35/50#)
- 5. 10-20 Ball Pick Up to Shoulder



September 14th

Audio

