



Warm Up: Chest Day!

Mini Cycle Week #1/8

- 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!



Mini Cycle Week #1/8

TAMRAP: 5 Mins

- Push Ups

30 Cal Reset Row

- S/M <27

TDb Incline Press:

4-5 Sets w/ 2:00 TOR

- 6-8 Reps @ 60%



- TE2MOM: 5 Rounds
- 14-32 Cals Rowed



AMRAP: R-O-T

- 10 Ball G to S
- 20, 30, 40, or 50 Push Ups
- 10 Ball G to S
- 20, 30, 40, or 50 Low Bench PU
- 10 Ball G to S
- 20, 30, 40, or 50 High Bench PU
- 10 Ball G to S



September 16th

Audio

