

<u>Warm Up:</u> 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!

Block 1: 20 mins

Mini Cycle Week #1/8

TAMRAP: 5 Mins

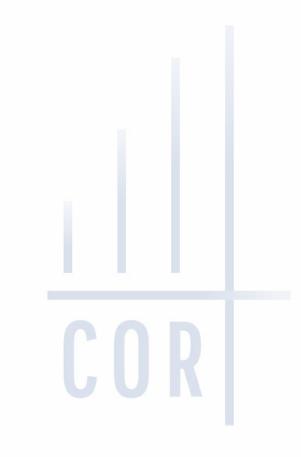
• Push Ups

30 Cal Reset Row - S/M <27

TDb Incline Press:

4-5 Sets w/ 2:00 TOR

• 6-8 Reps @ 60%



Block 2: 10 mins/2 mins

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

Audio



