



Warm Up: **Shoulder Day!**

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x10
 - Band Pulls x10
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



TDb Shoulder Press:

4-5 Sets w/ 1:30 TOR

- 12-8 Reps @ 60-50%

TDb Lateral Raise:

4-5 Sets w/ 1:00 TOR

12-8 Reps @ Max

Warm Up Running



E5MOM: 4-5 Rounds

- 200-600m Run
- 10-15 Ball Tosses UB
- 6 or 8 Walkout Planks
- 6 or 8 S/A OH Rev Lunges(ea)
- (35/50#)



September 18th

Audio

