



## 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



E4MOM: 4-5 Rounds

Incline Curl Setup

1. Every :10 = 1 Curl
2. Every :10 = 1 Curl
3. 14-24/20-30 Cals Rowed
4. ^^^^

TDb Tricep Ext:

4-5 Sets w/ 1:00 TOR

- 10 Reps @ Max

TDb Hammer Curl:

AMRAP Sets w/ :45 TOR

- 8 Reps @ Max



## EMOM: 5 Mins

- :40 Plank Variation

## T Tricep Superset:

**3-5 Sets w/ 1:30 TOR**

- 8-12 Db OH Ext @ Max
- 10-25 Dips



September 19th

Audio

