



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



Alt E2MOM: (9/30)

3 Rounds(ea)

Group A

- AMRAP Bar Hang

Group B

- Rest



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Block 2: 30 mins/3 mins

Lifting Option

TDb Shoulder Press:

4-5 Sets w/ 1:30 TOR

- 12-8 Reps @ 60-50%

TDb Lateral Raise:

3-5 Sets w/ 1:00 TOR

12-8 Reps @ Max

TDb High Rows:

3-5 Sets w/ 1:00 TOR

12-8 Reps w/ Pause @ Max

Band Face Pulls:

3-4 Sets w/ 1:00 TOR

- 10 Reps w/ Red/Black

Metcon Option

E2MOM: 15 Rounds

ALL Start with 5-12/8-15 Cals Biked

1. 12 Standing Press @ 40%
2. 12 Standing Press @ 40%
3. 12 Standing Press @ 40%
4. 12 Standing Press @ 40%
5. AMRAP BB Until 1:45 Mark
6. 12 Db High Rows @ Max
7. 12 Db High Rows @ Max
8. 12 Db High Rows @ Max
9. 12 Db High Rows @ Max
10. AMRAP BB Until 1:45 Mark
11. 10-15 Ball Tosses
12. 10-15 Ball Tosses
13. 10-15 Ball Tosses
14. 10-15 Ball Tosses
15. AMRAP BB



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Audio

