



## Warm Up: **Arm/Back Day!**

- Band/Db Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



## T Pull Ups:

**5 Sets w/ 1:00 TOR**

- 5-10 Reps

## T Db Tricep Ext:

**4-5 Sets w/ 1:30 TOR**

- 8-12 Reps @ Max

## T S/A Db Low Row:

**4-5 Sets w/ 1:00 TOR**

- 8-12 Reps @ Max



## AMRAP:

### 8 Reps of ALL

- Db Supinated Curl
- Ball Cleans
- Aerobic Cals
- Db OH Ext w/ Pause
- Db Tricep Kickbacks
- Aerobic Cals



September 25th

Audio

