# COR

# Warm Up: Back Baseline Day! Baseline last done 2/27/24

- 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)

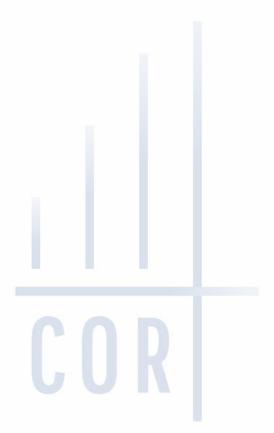
#### Baseline!

Bar Hang AMRAP
No grips allowed

Into →

# **AMRAP: R-O-T**

- 7-10 Cals Biked
- 5 S/A Db Clean to OH(ea)



# TPull Ups:

#### Choose One

- 1. 5x5-10 w/ 1:00 TOR
- 2. EMOM for 5-10 Mins
  - 5-10 Reps
- 3. :30 EMOM for 5-10 Mins
  - 2-5 Reps

# TS/A Db Low Row:

# 4-5 sets w/ 1:00 TOR

• 8-10 Reps(ea) @ Max



# September 30th

### **EMOM: 9 Mins**

- 1. :40 Bike @ 60%+
- 2. :40 AMRAP Run
- 3. 4-12 Db S/A Devil Press(ttl)
- 4. :40 Bike @ 60%+
- 5. :40 AMRAP Run
- 6. 4-12 Db S/A Devil Press(ttl)
- 7. :40 Bike @ 60%+
- 8. :40 AMRAP Run
- 9. 4-12 Db S/A Devil Press(ttl)



