



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)



T Pull 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

T S/A Db Low Row:

4-5 sets w/ 1:00 TOR

- 8-10 Reps(ea) @ Max



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)



September 30th

Audio

