

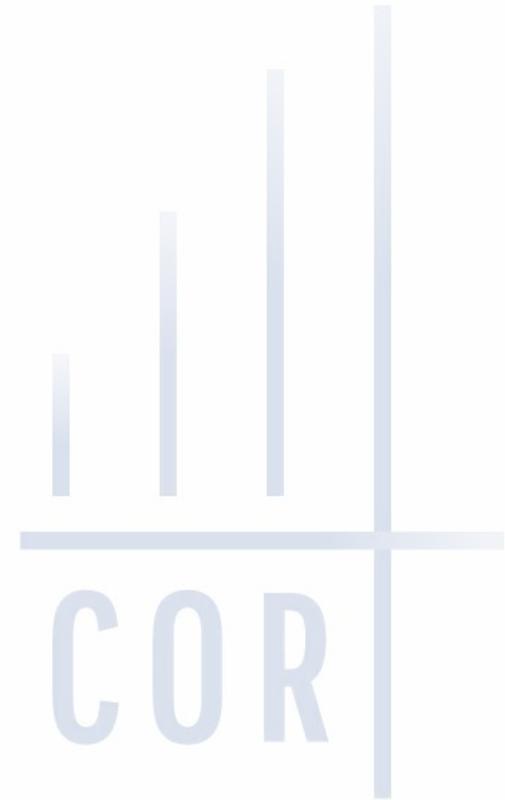


Warm Up: **Shoulder Lifting Day!**

- 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



After Each Exercise:

(Optional) - Choose One

- 30 K to B
- 15-25 Rollouts
- 20 Pull Throughs(ttl)

T Seated Shoulder Press:

1. Find 1RM(If applicable)
2. 4-5x8-12 @ 60-50%
 - w/ 1:30 TOR

T S/A Db High Row:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

T Db Arnold Press:

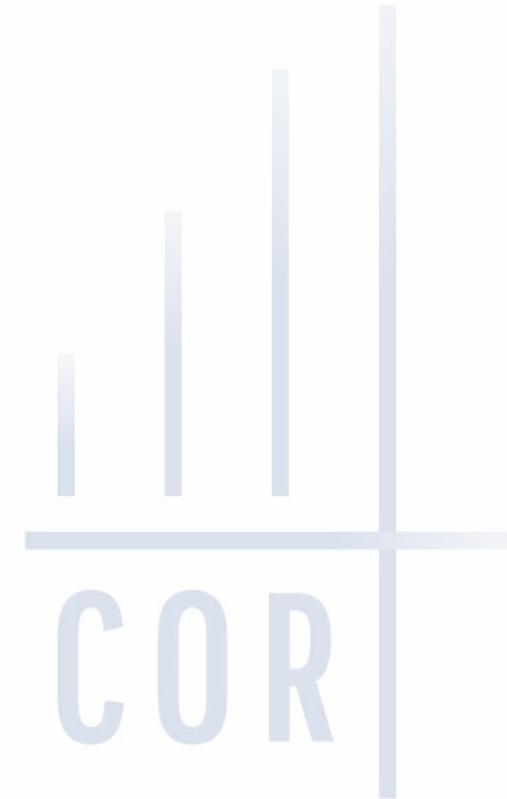
3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

T Db Lateral Raise:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max



September 8th

Audio

