



## Warm Up: Chest Day!

### Mini Cycle Week #6/8

- Band Rotator Cuff Warm Up
- Chest/Lat Foam Rolling
- Db S/A OH Mobility
- MB Tempo Presses
- S/A Db Chest Activation
- Warm Up Chest Press!



## Mini Cycle Week #6/8

Alt E2MOM: 5 Rounds(ea)

### Group A

1. 28/40 PU or 1:00
2. AMRAP Cals Rowed

### Group B

- Rest



TDb Chest Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50-60%

TDb Incline Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 40-50%

TDb Pullover:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max



October 14th

Audio

