



Warm Up: **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)



Block 🔥 🔥 🔥

1. 5:00 Row or 1000m
2. 20 Db Alt Snatches(ttl)
- (35/50#)
3. AMRAP Pull Ups



EMOM: 5 Mins

1. 1:00 Hang/Walk/Hold
2. Rest
3. 1:00 Hang/Walk/Hold
4. Rest
5. :30 Hang/Walk/Hold



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October 16th

Audio

