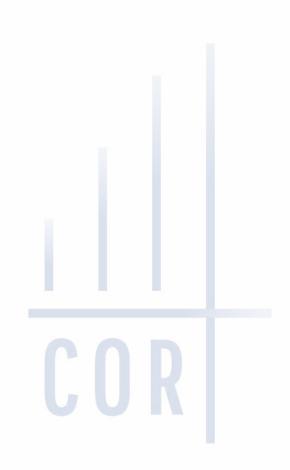
# COR

## 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



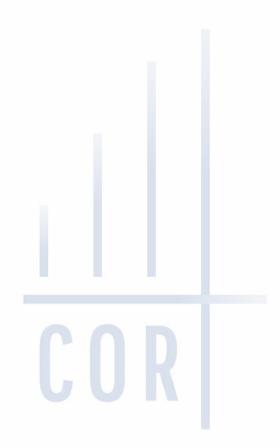
# Block 🔥 🔥

- 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



# Block 🔥 🔥

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



October 16th Audio



