



## Warm Up: **Shoulder 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



## T Choose One: 15 Mins

1. S/A High Pull
  - Find Max(**Optional**)
  - 4-5x5-7(ea) @ 70%
  - w/ 1:00 TOR
2. Push Press
  - Find Stable Max(**Optional**)
  - 4-5x8-10 @ 60%
  - w/ 1-1:30 TOR



## E3MOM: 4 Rounds

- 16-23/20-27 Cals Rowed
- 4-5 Ball Clean DbI Step Over

1:00 Rest/Transition

## Metcon: AMRAP

- 1:30 Run @ Pace
- 12 Db Lateral Raises
- 12 Db Reverse Flys
- 8 Db Y's



October 5th

Audio

