



Warm Up: Chest Day!

- 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!



Db Chest Press:

- 100 Reps @ 50%
- 1. 33 Reps Inclined
- 2. 33 Reps Flat
- 3. 34 Reps Decline

Every Rest =

- 12-16/16-20 Cals Biked
- Push Ups = Reps

Into → R-O-T

Metcon: 4 or 5 Rounds

- 10 Aerobic Cals
- :30 Goblet Psoas Hold(ea)
- 8 Deadbugs(ea)
- 6 Ball Slams
- 4 Frontal Hops(ea)

Into → 5 Round Cap

Plank Variation:

- :30-:45 On
- :45 Off



