



## Warm Up: **Arm Day!**

- Band Rotator Cuff
- Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- PVC Elbow Mobility



TDb Conc Curl:

4 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

TDb OH Ext:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max



## Metcon: 5 Rounds

- 3:00 Aerobic Choice @ Pace

Into → 3:00 AMRAP

1. Alt S/A Db Devil Press (35/50#)
2. Db Tricep Ext
3. Chin Ups or Hammer Curls
4. Ball Clean to OH
5. Db Gibson to Deadlift



## On Whiteboard

### Random Challenge

- 100 Cals Biked
- 100 Db Tricep Ext
- 80 Cals Rowed
- 80 Chin Ups
- 60 Cals Biked/Ran(15/15)
- 60 Step Up, Curl, Step Over
- 40 BB
- 40 Cals Ran

### 2 Rounds Of

- 20 Seated OH Ext @ Max
- 20 Plank Tricep Ext



