



Warm Up: Shoulder Day!

Cycle Week #2/12

- 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



TDb Arnold Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max

TDb Lateral Raise:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max

TDb High Row:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max
- w/ Pause

AMRAP: R-O-T

- Bar Hang



Ladder: 15 Mins

20-16-12-8-4

- Cals Biked
- S/A Db Thruster(ttl)
 - (35/50#+)



T Shoulder Press Cycle:

#2/12 - Volume/Tempo

1. Continue Warm Up
2. 4x15-20 w/ Tempo @ 30%
 - 2:00 TOR

Into → Supplemental Work

T All w/ Tempo:

4x12-20 @ Max w/ 1:30 TOR

1. Lateral Raises
2. TRX/Db High Rows
3. Incline Front Raises



