

## 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

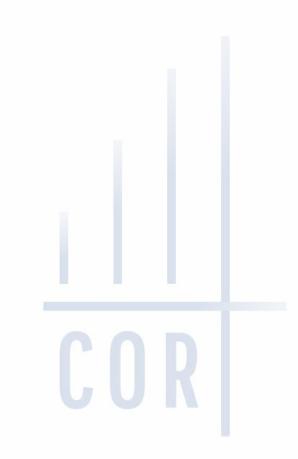
- 8-12 Reps @ Max
- w/ Pause

<u>AMRAP:</u> R-O-TBar Hang

Block 1: 28 mins

# Ladder: 15 Mins 20-16-12-8-4

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



- T<u>Shoulder Press Cycle:</u>
- #2/12 Volume/Tempo
- 1. Continue Warm Up
- 2. 4x15-20 w/ Tempo @ 30%
- 2:00 TOR

Into → Supplemental Work

- T<u>All w/ Tempo:</u> 4x12-20 @ Max w/ 1:30 TOR
- 1. Lateral Raises
- 2. TRX/Db High Rows
- 3. Incline Front Raises



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Audio

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