



## Warm Up: **Back Day!**

- Band/Db Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



Metcon: 5 Rounds

Bike Db 10 Cal Each Round

Clean/Pull Ups Db 4 Each Round

- 50 Cal Bike
- 20 Db Clean to OH(35/50#)
- 20 Strict Pull Ups

Into → R-O-T

TS/A Db Low Row: Any Variation

4-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

AMRAP: 5 Round Cap

- 14 BW Superman
- 12 Bird Dogs(ttl)
- 10-20 K to B UB
- 6 Ball Slams w/ Rotation(ttl)



