



Warm Up: Back Baseline Day!

Baseline last done 4/11/24

- 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)



Pull Up AMRAP! 10 Mins

- Any Variation



E6MOM: 4 Rounds

1. :25-:40 Bar Hang or :40 Ball Hold
2. :40 Db Hold @ Max
3. Row @ 60%(Negative splits)
4. Row @ 60%+
5. Row @ 60%++
6. Rest(Except last round)

Into → 7 Mins w/ 30 Rep Cap

- Ball Pick Ups to Shoulder



