



## Warm Up: Back & Arms 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)



## T S/A Db Low Row:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

## T Db Tricep Ext:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max



## Chipper: Any Order!

Every Rest = 5/7 Cals Biked

- 50 Db OH Ext w/ Pause @ Max
- 50 Db Alt Snatches(ttl)(35/50#)
- 50 Sit Ups
- 50 Db Supinated Curls @ Max
- 50 Single Db Step Overs(ttl)
- 50 Pull Ups/Chin Ups
- 50 Tricep Push Ups



