



Warm Up: Chest Lifting Day!

- Band Rotator Cuff Warm Up
- Chest/Lat Foam Rolling
- Db S/A OH Mobility
- MB Tempo Presses
- S/A Db Chest Activation
- Warm Up Chest Press!



November 29th

25-75 Bench Push Ups

TDb Chest Press:

4-5 Sets w/ 1:30-2:00 TOR

- 8-12 Reps @ 50-70%

25-75 Low Bench Push Ups

TDb Incline Press: w/ Pause

3-5 Sets w/ 1:30-2:00 TOR

- 8-12 Reps @ 30-60%

25-75 Push Ups **Into** →

Buy In & Out:

50 Reps

- V-Ups
- Or
- Bench Leg Raises

TDb Psoas Hold:

4 Sets w/ 1:00 TOR

- :30-:40(ea) @ Max

3-4 Rounds:

- 20/24 Cals Rowed
- 12 Hip Dips(ea)
- 8 Db/Ball Cleans



