



Warm Up: **Shoulder Option Day!**

- 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



Lifting Option

In Order: 20 Set Cap

3-5x8-12 w/ 1-1:30 TOR

1. Seated Press @ 60-50%
2. Seated High Row
3. Standing Lateral Raise
4. Seated Arnold Press
5. Bench Lying Rev Flys

Metcon Option

3-4x12 w/ All Exercises & 1:00 TOR

- 100 Aerobic Cals
- Db Standing Press @ 40-30%
- 80 Aerobic Cals
- Db High Rows @ Max
- 60 Aerobic Cals
- Core Choice(15 Reps)
- 40 Aerobic Cals
- Db Seated Arnold Press @ Max
- 20 Aerobic Cals
- Db Lateral Raises @ Max
- Core Choice(15 Reps)



