



Warm Up: **Cardio & Arms Day!**

- Band Rotator Cuff
- Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- PVC Elbow Mobility



Metcon: 5 Round Cap

- 500m Run or 2:30
- 8-10 Db OH Tricep Ext
- 10-12 Db Tricep Ext
- 8-20 Tricep Push Ups
- :30 Hollow Hold
- 10 Hollow Rocks
- 250m Run or 1:30
- 8-10 Db Hammer Curls
- 10-12 Db Wide Curls
- 5-10 Chin Ups UB
- :30 Plank
- 10 Hip Dips(ea)



