



## Warm Up: Chest 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!



## T Alt Trunk EMOM: 10 Mins

### Even - Choose One

- 8-12 T to B
- 8-12 Bar Leg Raises
- 10-20 K to B
- 10-20 V-Up Variation

### Odd - Choose One

- :40 Plank
- :30-:40 Hollow Hold
- 8-12 Rollouts



## Lifting Option

### TDb Chest Press:

- Find 1RM(Optional)

**3-5 Sets w/ 1-1:30 TOR**

- 8-12 Reps @ 50-60%

### TDb Decline Press:

**3-5 Sets w/ 1-1:30 TOR**

- 8-12 Reps @ 40%+

### TDb Superset:

**3-4 Sets w/ 1:30 TOR**

- 8 Incline Press
  - @ 40% w/ Pause
- 6 Fly-Press @ Max

Into → R-O-T AMRAP PU

## Metcon Option

### Ladder:

#### **DB10 Every Round**

- 40 Biking Cals
- 40 Db Chest Press @ 40-50%
  - 30 Incline Press @ 30-40%
  - 20 Decline Press @ Max
  - 10 Fly-Press w/ Pause @ Max
- 40 High Bench Push Ups
- 40 BW Step Overs(ttl)



## T Alt Trunk EMOM: 6 Mins

### Even - Choose One

- 8-12 T to B
- 8-12 Bar Leg Raises
- 10-20 K to B
- 10-20 V-Up Variation

### Odd - Choose One

- :40 Plank
- :30-:40 Hollow Hold
- 8-12 Rollouts



