COR

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!



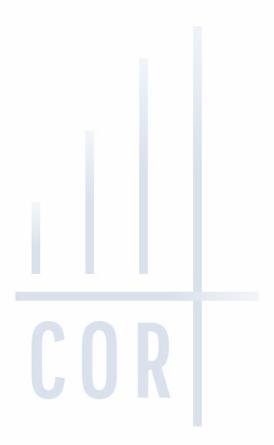
TAIt Trunk EMOM: 10 Mins

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



November 5th

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

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)



Into → R-O-T AMRAP PU

TAIt 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





