COR

Warm Up: Shoulder Day!

Cycle Week #1/12

- 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!

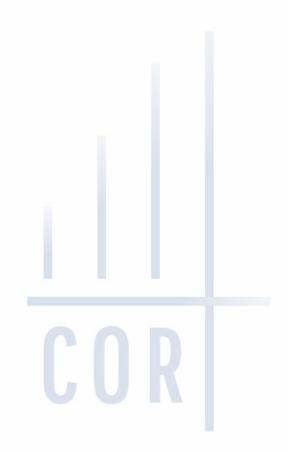
Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



E4MOM: 5 Rounds

- 1:30 Bike @ 50%+
- 15 Db Standing Press @ 30%
- 8 Ball High Pulls
- 4-10 BB



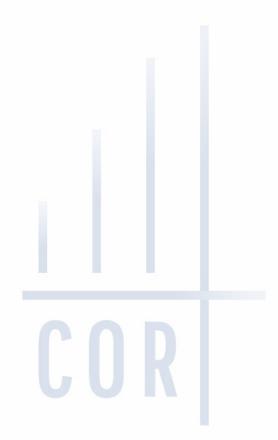
Buy In & Out:

• 1.5 Mile Bike Ride Every .5 = 10 or 15 Ball Tosses

Posterior Superset:

3-4 Sets w/ 1:30 TOR

- 8 Db High Rows @ Max
- 12 Band Pulls w/ Tempo



TShoulder Press Cycle:

- #1/12 Volume/Tempo
- 1. Continue Warm Up
- 2. Find 1RM(if applicable)
- 3. GVT @ 40-60% w/ 1:00 TOR

Into → Supplemental Work

TPost Delt Superset:

- 3 Sets w/ 1:30 TOR @ Max
- 8 Db High Rows w/ Pause
- 8 Db Lying Reverse Flys

TDb Front Raises:

- 4 Sets w/ 1:30 TOR @ Max
- 12-15 Reps w/ MB & Tempo





