



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



T Shoulder 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

T Post Delt Superset:

3 Sets w/ 1:30 TOR @ Max

- 8 Db High Rows w/ Pause
- 8 Db Lying Reverse Flys

T Db Front Raises:

4 Sets w/ 1:30 TOR @ Max

- 12-15 Reps w/ MB & Tempo



