



## 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!



## TDb Chest Press:

- 75 or 100 Reps
- @ 40%

Into → R-O-T

## AMRAP:

- 2 BB
- 4 Ball Clean to S
- 6 K to B



TDb Incline Press:

- 60 or 80 Reps
- @ 40% (If possible)

Into → R-O-T

AMRAP:

- 100m Run Ramping
- 5-10 Push Up Pause UB
- 7 Dbl Db OH Front Lunges(ttl)



- Db Decline Press: 5 Mins
- AMRAP Reps @ 40%+



December 11th

Audio

