



## Warm Up: **Back Day!**

- Band/Db Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



## Running Warm Up:

**5 Mins**

- Skips
- Negative

**1:00 Transition**

**E90**MOM: 5 Rounds

- 60m Sprint
  - Fastest Speed



# December 13th

T Strict Pull Ups:

5-10 Sets w/ 1:00 TOR

- 5-10 Reps UB

T Db Pullovers:

3-5 Sets w/ 1:00 TOR

- 8-10 Reps

T Db Low Rows:

4-5 Sets w/ 1:00 TOR

- 8 Reps w/ Pause
- @ Max

Metcon: 5 Round Cap

- 8/12 Cals Rowed
- 8 Ball G to S



