



## Warm Up: Shoulder Day!

### Cycle Week #7/12

- 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



## 20 Prone Shoulder Complex

TDb L Press:

3-5 Sets w/ 1:00 TOR

- 10 Reps(ea) @ Max

## 20 Prone Shoulder Complex

AMRAP: R-O-T

- 10-15 Cal Run
- 5-7 Db High Pulls(ea)



Metcon: **22 Mins**

- 300 or 400m Run
- 10 Core Choice
- 8 Db High Rows
- 6 Db Reverse Flys
- 4 Ball Cleans
- 1:00 Rest(**Optional**)



Shoulder Press Cycle:

#7/12 - Heavy

1. Continue Warm Up
2. 20 Prone Shoulder Complex
3. 5x5 @ 85-80%
  - 3:00 TOR

Into → Loading

4-5 Sets(ea):

8-10 Reps @ Max w/ 1:30 TOR

1. High Row w/ Pause
2. Lying Reverse Flys
3. Upright Rows



