COR

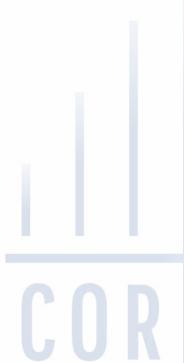
Warm Up: Shoulder Day!

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

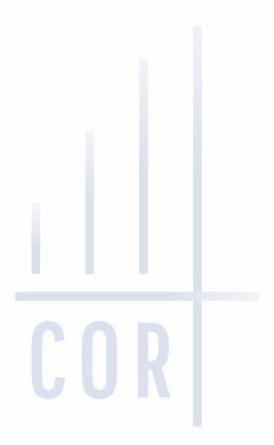
AMRAP: R-O-T

- 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



