



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!



Running Warm Up:

5 Mins

- Skips
- Negative

1:00 Transition

Work Up Sprints:

1. 2x200m(50m)
 - 1:00 TOR
2. 2x150m(50m)
 - :45 TOR
3. 2x100m(25m)
 - :45 TOR
4. 2x60m(20m)
 - :30 TOR



High-Low Supersets

Db Chest Press:

3-4 Sets w/ 2:00 TOR

- 3-4 Reps @ 70%
- 6-8 Reps @ 50%

Db Incline Press:

3-4 Sets w/ 2:00 TOR

- 3-4 Reps @ 50-60%
- 6-8 Reps @ 30-40%

AMRAP Ladder: R-O-T

UB2 Every Round

- 2 Cals Rowed
- 2 Bench PU
- 2 K to B/Tuck Ups



