



## 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)



T Strict Pull Ups:

5-10 Sets w/ 1:00 TOR

- 5-10 Reps UB

T Db Pullover:

3-5 Sets w/ 1:00 TOR

- 8-10 Reps @ Max



## EMOM: 8 Mins

- 4-10 Bench Over BB
  - Low Step Over
  - High Step Over
  - Low Hop Up & Over
  - Low Hop Over
  - High Hop Up & Over
  - High Hop Over



## E3MOM: 4-5 Rounds

- 200-400m Run
- 8 Db Clean to OH
- 35/50#



