COR

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)

TStrict Pull Ups:

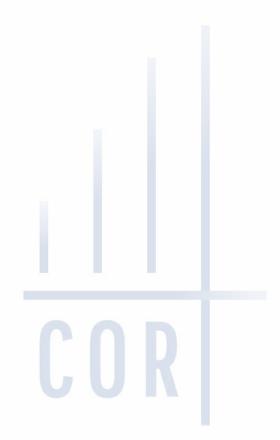
5-10 Sets w/ 1:00 TOR

• 5-10 Reps UB

TDb 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#





