



Warm Up: Shoulder Day!

Cycle Week #8/12

- 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



Db Seated Press:

- GVT @ 40-60%
- w/ 1:00 TOR

AMRAP: R-O-T

- 1:00 Row @ 60%+
- 10-20 Ball Tosses UB



Chipper: Any Order

- 30 Ball Slams w/ Rotation(ttl)
- 50 Core Choice
- 30 Db Upright Rows @ Max
- 30 Aerobic Cals
- 30 Db Reverse Flys @ Max
- 30 Db Front Raises @ Max



Shoulder Press Cycle:

#8/12 - Heavy

1. Continue Warm Up
2. 20 Prone Shoulder Complex
3. GVT @ 60% w/ 1:00 TOR

Into → Loading

4-5 Sets(ea):

8-12 Reps @ Max w/ 1:30 TOR

1. High Rows
2. Reverse Flys
3. Lateral Raises



