

## <u>Warm Up:</u> 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!

### <u>Wall Mobility:</u>

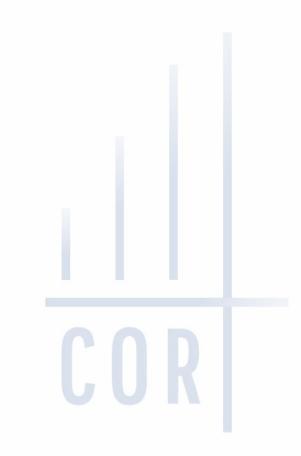
- 3x10 Internal Rotation
- 3x10 Abduction

Block 1: 24 mins

<u>Db Seated Press:</u>
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  $\rightarrow$  Loading

- <u>4-5 Sets(ea):</u> 8-12 Reps @ Max w/ 1:30 TOR
- 1. High Rows
- 2. Reverse Flys
- 3. Lateral Raises

Cycle



