



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!



TDb Chest Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50-60%

Lifting Option!

Metcon Option!

Superset:

3-4 Sets w/ 2:00 TOR

- 8-12 Incline Press @ 40-50%
- 8 Incline Fly-Press @ Max

Decline Press:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

R-O-T EMOM:

1. :40 Row @ Pace
2. 12-15 Db Incline Press
3. :40 Bike @ Pace
4. 12-15 Db Tricep Press
5. 10-20 Core Choice



AMRAP: 5 Rounds

:40 On/:20 Off

- Step Up Push Up



Aerobic Intervals: 16 Mins

- 3:00 Run @ 60%+
- 1:00 Active/Walking Recovery
- 2:00 Run @ 60%+
- 1:00 Run @ 70%+
- 1:00 Bike @ Pace
- 1:00 Active/Walking Recovery
- 2:00 Run @ 60%+
- 1:00 Run @ 70%+
- 1:00 Bike @ Pace
- 1:00 Active/Walking Recovery
- 1:00 Run @ 70%+
- 1:00 Bike @ Pace



December 28th

Audio

