



Warm Up: Back Baseline Day!

Baseline last done 2/21/24

- 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)



1:00 Pull Up AMRAP:

- Group A
- 1:00 Transition
- Group B



E2MOM: 21(7) Rounds

1. 10-13 Strict Pull Ups
2. 14-32 Cals Rowed
3. 8-10 Ball G to S



December 30th

Audio

