



Warm Up: **Arm Day!**

- Band Rotator Cuff
- Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- PVC Elbow Mobility



Ladder #1

5 Rounds & UB 50/4

- 100m Run
- 4 Chin Ups
- 4 Db Wide Curls
- 4 S/A Db Push Press(ttl)

Ladder #2

10 Rounds & UB 25/5

- 25m Run
- 5 BW Squats

Ladder #3

6 Rounds & DB :10

- 1:00 Bar Hang(Cumulative)
- 10 or 15 Db Tricep Ext
- 10-30 Dips

Ladder #4

10 Rounds DB 1

- 10 Db Supinated Curls
- 10 BB

Or

- 20 BB(DB2)



