COR

Warm Up: Back Day!

- 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)

Block 🔥 🔥

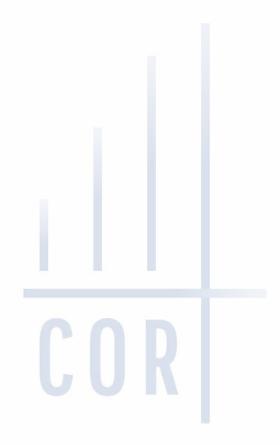
AMRAP: 6 Mins

Strict Pull Ups

TS/A Db Low Row:

4-5 Sets w/ 1:00 TOR

• 8-12 Reps @ Max





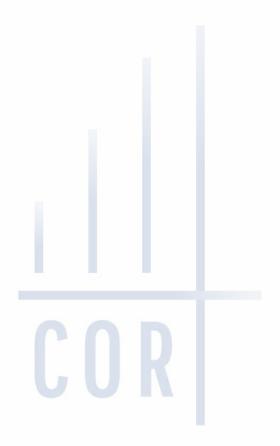
AMRAP: 4 Mins

Strict Pull Ups

1:00 Transition

Metcon: 12 Mins

- 12/16 Cal Row
- 3-4 Ball Pick Up to S
- 8 BB(DB1 Every Rd)





AMRAP: 2 Mins

Strict Pull Ups

1:00 Transition

EMOM: 5 Mins

- 4-6/6-8 Cals Biked
- 3-5 Ball Slams







Audio