



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

T S/A Db Low Row:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max



Block 🔥 🔥 🔥

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)



Block 🔥 🔥 🔥

AMRAP: 2 Mins

- Strict Pull Ups

1:00 Transition

EMOM: 5 Mins

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



