



Warm Up: Shoulder Day!

Cycle Week #10/12

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x10
 - Band Pulls x10
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



January 1st

Db L Press:

- 4-5 Sets w/ 1:00 TOR
- 8-12 Reps(ea) @ Max

Bike Ride:

- 50, 75, or 100 Cals

S/L Close Grip Front Raise:

- 4 Sets w/ 1:30 TOR
- 12-15 Reps @ Max w/ Tempo

After Each Exercise:

- 20 Db Push Press @ Max

4-5 Rounds:

- 7-12/10-15 Cals Biked
- 8-10 Ball Cleans

S/L Lateral Raise:

- 4-5 Sets w/ 1:30 TOR
- 12-15 Reps @ Max w/ Tempo



Shoulder Press Cycle:

#10/12 - Heavy

1. Continue Warm Up
2. 20 Prone Shoulder Complex
3. 4-5x2-4 @ 95-90%
 - 3:00 TOR

Into → Loading

4-5 Sets(ea):

6-8 Reps @ Max w/ 1:30 TOR

1. S/A High Rows(ea)
2. Lateral Raises
3. Alt Arnold Press(ea)



January 1st

Audio

