# COR

# 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



Each Round:

Ramp #!

### Ladder AMRAP: 15 Min Cap

- 16 or 20 Cals Biked
- 20 Db Tricep Ext/OH
- 25 or 40 PU
- 13 or 16 Cals Biked
- 16 Db Tricep Ext/OH
- 20 or 30 PU
- 9 or 12 Cals Biked
- 12 Db Tricep Ext/OH
- 15 or 20 PU
- 6 or 8 Cals Biked
- 8 Db Tricep Ext/OH
- 10 PU
- 3 or 4 Cals Biked
- 4 Db Tricep Ext/OH
- 5 PU



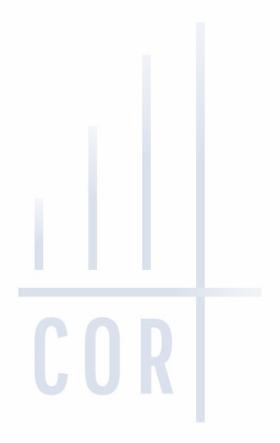
# Alt E2MOM: 10 Rounds

Group A - 1:45 AMRAP

- 50/30 Singles/DU
- 4 Ball G to S

Group B - @ Rowers

- 10 Db Hammer Curls
- 12 Db Wide Curls
- AMRAP Sit Ups



## Aerobic Intervals:

### 5 Mins

- 1:00 @ 60%
- 1:00 @ 70%
- :30 AR
- 1:00 @ 60%
- 1:00 @ 70%
- :30 @ Max



