



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 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

Each Round:

- Ramp #!



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



January 2nd

Audio

