



## Warm Up: Chest Day!

- Band Rotator Cuff Warm Up
- Chest/Lat Foam Rolling
- Db S/A OH Mobility
- MB Tempo Presses
- S/A Db Chest Activation
- Warm Up Chest Press!



## Lifting Option

### TDb Chest Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 60-50%

Or

4-5 Sets w/ 2:00+ TOR

- 5-8 Reps @ 70%+

### T Incline &/or Decline Press:

4-5 Sets w/ 1:30 TOR

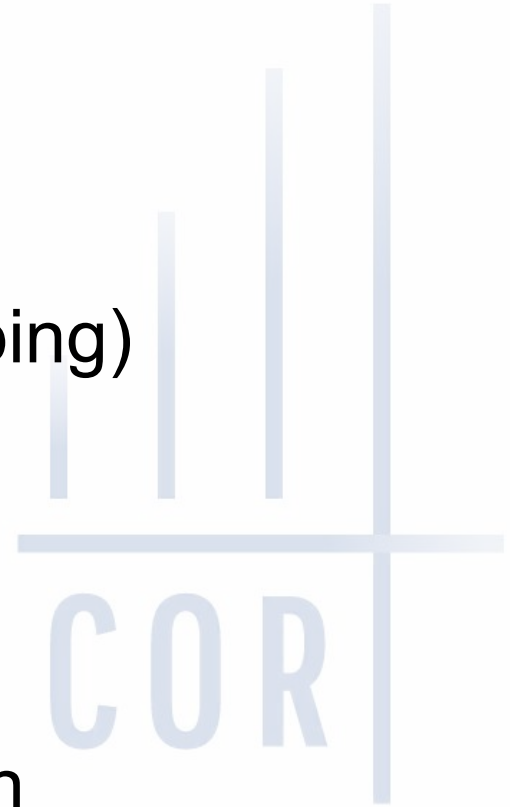
- 8-12 Reps @ Max

## Metcon Option

### Ladder AMRAP:

15-12-9-6-3

- Db Chest Press(Ramping)
- Db Pullovers
- K to B or Tuck Ups
- Plank MB Taps(ea)
- Cals Biked
- 200, 300, or 400m Run



## E2MOM: 4 or 5 Rounds

- :20 Bike @ Max
- 12-15 Db Incline Tricep Press
- @ Max

Into → R-O-T

## AMRAP:

- 100m Run @ Pace
- 5-10 Push Ups UB



January 3rd

Audio

