



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)



EMOM Style: 5 Rounds

1. 6-8 Ball High Pulls
2. 5-7 Ball Cleans
3. 4-6 Ball Clean to OH
4. 10-15 Strict Pull Ups
5. Finish & Rest



You go, I go!

12 Mins

- 8-10 Cals Rowed
- 4-8 BB

Into → R-O-T

Plank:

- :30 On
- :30 Off



January 11th

Audio

