



## Warm Up: Shoulder Day!

### Cycle Week #12/12

- 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



## TDb Seated Press:

- Test 1 RM(Optional)

## 4 Rounds:

- 300, 400m Run, or 2:00
- 15-20 Kneeling Press @ 40%

## Post Delt Superset:

### **3-5 Sets w/ 1:30 TOR @ Max**

- 10 Seated High Rows
- 12 Bench Lying Rev Flys

## 5 Rounds:

- 200, 300, or 400m Run
- 1:00 TOR

## TDb S/A High Pull:

4 Sets w/ 1:00 TOR

- 7 Reps(ea) @ Max

**Or**

## TDb Clean to OH:

4 Sets w/ 1:00 TOR

- 8 Reps @ Max

## AMRAP: R-O-T

- 10 Aerobic Cals
- 10-20 Reps UB
  - Bar Skill
  - V-Up Variation
  - 8-10 Rollouts



January 13th

Audio

