



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!



TDb Incline Press:

4-5 Sets w/ 1:30 TOR

- 8 Reps w/ Pause @ Max



Metcon: 20 Min Cap

21-15-9-9-15-21

- Cals Rowed
- S/A Floor Press @ 40%+
- BW Bench Step Overs(ttl)

AMRAP: R-O-T

- :30 Planks
- :30 Rest



T Alt EMOM: 10 Mins

Even

- 10-20 Bar Skill
- 8-12 Rollouts
- 10-20 V-Up/Tuck Up
- 10-20 Leg Raises

Odd

- 10-20 Sit Ups



January 15th

Audio

