



Warm Up: **Shoulder Day!**

- 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



4-5 Rounds:

- 12-20 Cals Rowed
- 15 Standing Db Press @ 40%

2:00 Rest/Transition

AMRAP: 5 Round Cap

- 10-20 Cals Biked
- 15 or 20 Ball Tosses



TDb High Pulls:

4-5 Sets w/ 1:30 TOR

- 5-10 Reps(ea) @ Max

Lifting Option

Db Superset: @ Max

3-4 Sets w/ 1:30 TOR

- 8 Db Upright Rows
- 8 Db Lateral Raises

TDb Arnold Press:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

Metcon Option

AMRAP: R-O-T

- :40 Row/Bike @ 70%+
- 12 Db High Rows
- 4 or 8 BB
- 12 Db Lateral Raises
- 4 or 8 BB



