



Warm Up: Back Lifting 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)



T Strict Pull Ups:

5 Sets w/ 1:00 TOR

- 5-10 Reps UB

T S/A Db Low Row:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

Pull Ups: Any Variation

- R-O-T AMRAP



EMOM: 5 Rounds(14 Mins)

1. :30 Db Hold → :30 Death March
2. 6-8 Ball Slams w/ Rotation
3. Rest

Into → R-O-T

EMOM:

- “X” Cals Biked

Try & Repeat Each Round!



