

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)

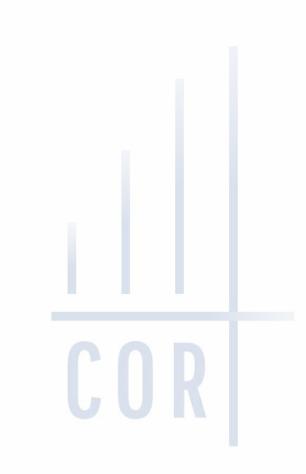
Block 1: 20 mins

T<u>Strict Pull Ups:</u> 5 Sets w/ 1:00 TOR

- 5-10 Reps UB
- T<u>S/A Db Low Row:</u> 4-5 Sets w/ 1:00 TOR
- 8-12 Reps @ Max

Pull Ups: Any Variation

• R-O-T AMRAP



<u>EMOM:</u> 5 Rounds(14 Mins) 1. :30 Db Hold \rightarrow :30 Death March 2. 6-8 Ball Slams w/ Rotation 3. Rest

Into \rightarrow R-O-T

EMOM:

• "X" Cals Biked

Try & Repeat Each Round!

Audio



