



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



Lifting Option

T Seated Db Press:

3-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50%+

Posterior Superset:

4-5 Sets w/ 1:30 TOR

- 8-10 Db High Rows
- 10-12 Db Reverse Flys
- Both @ Max

Metcon Option

AMRAP Ladder:

24-20-16-12-8-4

- Cals Rowed
- Db Push Press (35/50#)
- Db Renegade Rows (ttl)



E6MOM: 4 Rounds

- 16-32/20-40 Cals Biked
- 8-10 Db Clean to OH(35/50#)
- 10-20 Core Choice



