



## 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!



## AMRAP: 12 Mins

- 8-12 Db Pullovers
  - @ Max
- 8 Ball Cleans
- 1:00 TOR



## AMRAP Aerobic Choice:

Min Mark = Lifting

### Ideally Using % Listed

2:00 - 15-20 Db Press @ 40%+

4:00 - 15-20 Db Incline Press @ 30%+

6:00 - 15-20 Db Decline Press @ 40%+  
& 10-40 Push Ups

10:00 - 12-15 Db Press @ Same

12:00 - 12-15 Db Incline Press @ Same

14:00 - 12-15 Db Decline Press @ Same  
& 10-40 Push Ups

18:00 - 8-12 Db Press @ Same

20:00 - 8-12 Db Incline Press @ Same

22:00 - 8-12 Db Decline Press @ Same  
& 10-30 Push Ups

26:00 - 20 K to B or Tuck Ups/Sit Ups

28:00 - 20 K to B or Tuck Ups/Sit Ups

**30:00 - Done!**



[1-28-25.mp3](#)

