



## Warm Up: **Shoulder Day!**

### **Cycle Week #11/12**

- 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



## 8 Rounds:

- 100m Run
- 8 Standing S/A Press
- @ 40-60%

Into → R-O-T

## AMRAP: @ Max

- 6 Db S/A High Pulls(ea)
- 10 Db Reverse Flys
- 1:30 Rest



## Metcons: AMRAP Style

### #1 - (35/50#+)

- 600, 800, or 1000m Run
- 30 or 40 Db Push Press

### #2 - (35/50#+)

- 400, 600, or 800m Run
- 30 or 40 Db Cleans

### #3

- 200, 400, or 600m Run
- 10, 20, or 30 BB



Shoulder Press Cycle:

#11/12 - Heavy

1. Continue Warm Up
2. 20 Prone Shoulder Complex
3. 3x1-3 @ 100%+
  - 3:00+ TOR

Into → Heaviest #'s of Cycle

4-5 Sets(ea):

6-8 Reps @ Max w/ 1:30 TOR

1. Ext High Rows w/ Control
2. Lateral Raises w/ Control
3. Upright Rows w/ Control



January 7th

Audio

