



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!



T Chest Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 60-50%

T Decline Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max



Lifting Option

Ladder:

30-20-10

- Db Incline Press @ 40%+
- HRPUs
- Tuck Ups/Sit Ups
- Db Pullovers @ Max

After Each Round: **DB10**

- 30 Aerobic Cals

Metcon Option

E5MOM: 4 or 5 Rounds

1. Run/Row @ 60%
2. ^^^ @ 70%+
3. 10-30 BW Squats
4. 10-20 Tuck Ups
5. 10-30 Push Up Variation



