

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!

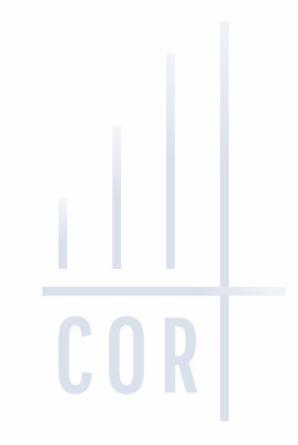
Block 1: 18 mins

T<u>Chest Press:</u> 4-5 Sets w/ 1:30 TOR

• 8-12 Reps @ 60-50%

T<u>Decline Press:</u> 4-5 Sets w/ 1:30 TOR

• 8-12 Reps @ Max



Lifting Option

Ladder:

30-20-10

- Db Incline Press @ 40%+
- HRPU
- 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

Audio



