



Warm Up: Chest Lifting 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!



Chest Press Ladders:

30-20-10 or 25-15-10

- Db Chest Press @ 50%
 - 1:30 Accumulative Db Hold

30-20-10 or 25-15-10

- Db Incline Press @ 40%(Ideally)
 - 1:30 Accumulative Db Hold

30-20-10 or 25-15-10

- Db Decline Press @ 50%(Ideally)
 - 1:30 Accumulative Db Hold

Into → Optional

5 Rounds w/ 1:00 TOR:

- 12, 15, 20 Cals Biked



February 11th

Audio

