



Warm Up: Back Day!

- Band/Db Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



EMOM #1: 10 Mins

Even

- 5-12 Strict Pull Ups

Odd

- :40 Db Bear Crawl

2:00 Rest/Switch

EMOM #2: 10 Mins

- :40 Run @ 70%+
- Optional - 4th & 8th Mins



Ladder AMRAP: 20 Mins

3/6/9/12/etc

- Db Low Rows
- BW Back Extension
- Hip Dips(ea)
- Db Cleans(#35/50+)
- Cals Ski'd



February 14th

Audio

