



Warm Up: **Shoulder Day!**

- 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



Warm Up: 5 Mins

S/A Db High Pull

- Work Up to 5 Rep Max

1:00 Transition

Metcon: 15 Mins

- 300m Run or 1:45
- **T**5 Reps(ea) @ Max



TDb Seated Lateral Raise:

3-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ Max

TDb Seated Arnold Press:

3-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ Max

TDb High Row:

3-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ Max



February 15th

Audio

