



Warm Up: Arm Day!

- Band Rotator Cuff
- Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- PVC Elbow Mobility



AMRAP: 15 Min Cap

- 100 Db Thrusters(35/50#)

TDb Tricep Extension:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max(Bridge)

TDb Concentration Curl:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max(Bridge)

TDb Seated Db OH Ext:

5-7 Sets w/ 1:00 TOR

- 5-12 Reps @ Max(Ramp)



Ladder AMRAP: 10 Mins

UB1 Each Round

- 1 Ball Clean to Step Over
- 1 TRX Tricep Ext
- 1 Db Curl
- 10 Tricep Pushdowns



February 13th

Audio

