



## 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: 4 Mins(ea)

- :15-:30 Active Hang
- :15-:25 Dead Hang to Active
- :20-:40 Dead Hang

## TDb S/A Low Row:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

## AMRAP: R-O-T

- :30 Hollow Rock
- :30 Rest

OR

- :30 Plank
- :30 Rest



## Metcon Ladder: 20 Mins

### UB2 Each Round

- 2 Strict Pull Ups
- 2 Ball G to S
- 2 Cals Ski'd



February 27th

Audio

