



Warm Up: Chest Option 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!



TDb Chest Press:

GVT w/ 1:00 TOR

10 Reps @ 40%+(Ideally 60%)

Metcon Option!

Alternating AMRAP:

- 1:00 Bike @ 60%+
- 1. 5-30 Push Ups UB
- 2. 20 Alt Incline Press(ttl)
- @ Max

Lifting Option!

TDecline Press:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ 50%+

AMRAP: R-O-T

- 12 Db Tricep Press @ Max
- 5-15 Tricep Push Ups UB
- 1:00 Rest



Alt EMOM: 8 Mins(ea)

Even

- 8-20 Rollouts/Tuck Ups

Odd

- 8-18 Cals Rowed



