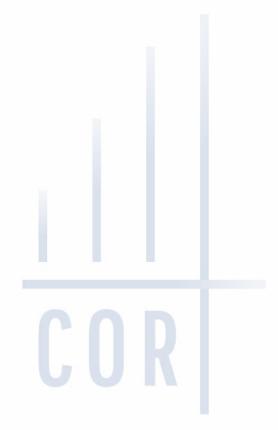
# COR

## 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





