



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)



Let Meters Accumulate!

- UB 100m Each Round
- Start w/ 50m Run

Ladder: UB 1 Each Round

- 1 Ball Clean to S
- 1 Ball Reverse Lunge(ttl)
- 1 Db Extended Low Row
- 1 Db Pull Over
- 1 BB



February 6th

Audio

