



Warm Up: Arm Lifting Day!

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



TDb Alt Curl:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

TDb Seated OH Ext:

3-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max

AMRAP: R-O-T

- 8-20 Dips UB
- 10 Tuck Ups



Arm Pyramid: 22 Min Cap

- 40 Db Tricep Ext
- 30 Db Supinated Curls
- 20 Db Clean to OH(35/50#+)
- 10 Db Man Makers
- 30 Db Tricep Ext
- 20 Db Supinated Curls
- 10 Db Clean to OH(35/50#+)
- 20 Db Tricep Ext
- 10 Db Supinated Curls
- 10 Db Tricep Ext



February 8th

Audio

