



Warm Up: Shoulder Day!

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x10
 - Band Pulls x10
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



Controlled Work: 10 Mins

1. 20 Seated S/A Press w/ Hold(ea)
2. 20 Seated Press w/ Hold
3. 20 S/A Push Press w/ Flow(ea)
4. Set Bike & Rest

Into → 20 Mins

Metcon:

- 6-12 Cals Biked @ 80%+
- 100 or 150m Run
- 8 Db Push Press UB @ Max
- 1:30 Rest



E3MOM: 4 Rounds

- :40 Bear Crawl
- :20 Bear Plank
- 12 Db Reverse Flys
- 8 Db Y's
- 10 Ball Tosses



February 9th

Audio

