COR

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)

Buy In:

20-50 Burpee Variation

TPull Ups:

5-10 Sets w/ 1:00 TOR

• 5-10 Reps UB

TS/A Db Low Row:

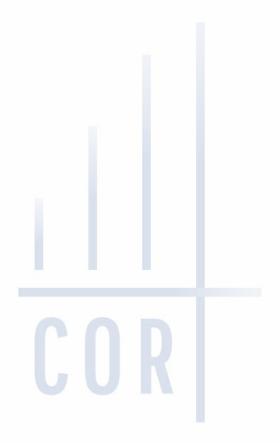
3-5 Sets w/ 1:00 TOR

• 8-12 Reps(ea) @ Max

TDb Pullover:

3-5 Sets w/ 1:00 TOR

• 8-10 Reps



E3MOM: 4 Rounds

- 16-28/20-32 Cals Rowed
- 6-8 Ball Squat Cleans

Buy Out:

10-50 Burpee Variation



March 10th Audio



