



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

T Pull Ups:

5-10 Sets w/ 1:00 TOR

- 5-10 Reps UB

T S/A Db Low Row:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

T Db 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

