



Warm Up: Chest Day!

- Band Rotator Cuff Warm Up
- Chest/Lat Foam Rolling
- Db S/A OH Mobility
- MB Tempo Presses
- S/A Db Chest Activation
- Warm Up Chest Press!



Pull Up Month!

- 20-30 Strict Reps

EMOM: 40 Mins

1. 8 Chest Press @ 50%
2. 75, 100, or 125m Run
3. 7-15 Bench/Box Over PU
4. 10-20 Core Choice
5. Rest(Optional Min)



March 14th

Audio

