



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)



750 or 1000m Ski'd

Metcon: 4 or 5 Rounds

- 12, 15, or 20 Pull Ups
 - Any Variation
- 5 Db Farmers Walks
 - Rack to Rower & Back
- 8 Ball Clean to OH
- 1250m Row(DB 250m)

400 or 600m Ski'd



March 15th

Audio

