



## 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



TDb Arnold Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max

TDb Lateral Raise:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max

TDb High Row:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max
- w/ Pause

AMRAP: R-O-T

- Bar Hang/Db Hold



Ladder: 15 Mins

20-16-12-8-4

- Cals Biked
- S/A Db Thruster(ttl)
  - (35/50#+)



March 23rd

Audio

