



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

TDb Chest Press:

4 Sets w/ 1:30 TOR

- 8-12 Reps @ 50%+

TDb Incline Press:

4 Sets w/ 1:30 TOR

- 8-12 Reps @ 30%+

TDb Decline Press:

4 Sets w/ 1:30 TOR

- 8-12 Reps @ 50%+



You go, I go!

- 200m Row
- 4 Ball G to S
- 2 BB



March 26th

Audio

