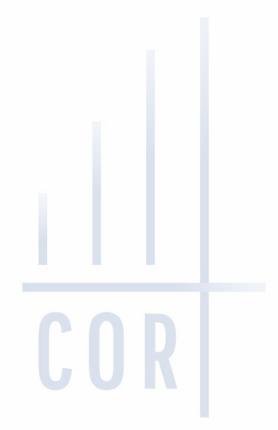
# COR

## 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!



March 26th

### Pull Up Month!

20-30 Strict Reps

### **TDb Chest Press:**

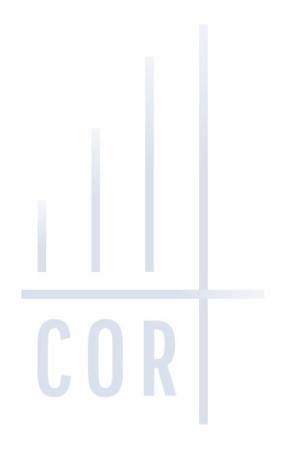
- 4 Sets w/ 1:30 TOR
- 8-12 Reps @ 50%+

### TDb Incline Press:

- 4 Sets w/ 1:30 TOR
- 8-12 Reps @ 30%+

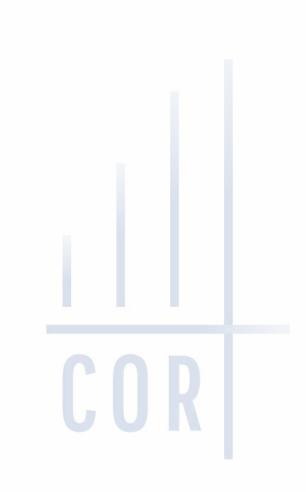
### TDb Decline Press:

- 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



