



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)



EMOM: 10 Mins

- 3-10 Strict Pull Ups



E3MOM: Complete 5 Rounds

- 17/22 Cals Biked(DB2)
- 8 Ball G to S(DB1)
- 200m Run(DB25)
- 8 Bench/Box Overs(DB1)



March 27th

Audio

