



Warm Up: Arm Day!

- Band Rotator Cuff
- Wrist Curls(3x10;ea)
- Roll Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



Metcon: In Order

- 60, 75, or 100 Db Tricep Ext
- 2-3x400m Run or 2.5 Mins
- 1:00 Rest
- 40-60 S/L Db Sup Curls
- 2-3x300m Run or 2 Mins
- :45 Rest
- 40-60 S/L Db OH Ext w/ Pause
- 2-3x200m Run or 1.5 Mins
- :30 Rest
- 40-60 S/L Db Wide Curls

AMRAP: R-O-T

- 150m Run
- 10-25 Tricep Dips UB
- 10-15 Band Pushdowns



April 21st

Audio

