



## 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!



TDb Chest Press:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ 40-60%

10 Rounds:

Ramping Runs

- 60 or 100m Run
- 4-10 Push Ups UB

AMRAP: R-O-T

- 14 Deadbugs(ttl)
- 10 Hollow Rocks
- :45 Rest



TDb Incline Press:

3-5 Sets w/ 1:30 TOR

- 6-10 Reps @ Max
- w/ Pause

TDb Decline Press:

3-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max



April 25th

Audio

