



Warm Up: **Back Or Interval 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)



Run or Row:

Speed Intervals(Choose One)

- 8-24x200m w/ :30 TOR
- 4-12x400m w/ 1:00 TOR
- 2-6x800m w/ 2:00 TOR
- 2-3x1600m w/ 4:00 TOR

Endurance/Volume Intervals

- 8-24x1:00 @ 70%+ w/ :30 AR
- 4-12x2:00 @ 60%+ w/ 1:00 AR
- 2-6x4:00 @ 60%+ w/ 1:30 AR
- 2-3x8:00 @ 60%+ w/ 2:00 AR



AMRAP: On Whiteboard

One leg at a time

- 3-5 Three Point Touch
- 4-8 Db RDL
- 3-5 Pistol Squat(Bench)
- 20 Lateral Hops/5 Box/Bench
- 3-5 Burpee Variation



EMOM: 3 Mins(ea)

- :15-:30 Active Hang
- :15-:25 Dead Hang to Active
- :20-:40 Dead Hang

TPull Ups:

5 Sets w/ 1:00 TOR

- 5-10 Reps UB

TDb Low Row:

3-4 Sets w/ 1:00 TOR

- 12 Reps w/ Pause
- @ Max

TDb Death March:

4 Sets w/ 1:00 TOR

- 8 Stationary Reps(ea)
- @ Max



Metcon: 12 Mins

- 200m Row
- 150m Ski'd
- 5 Ball Clean to S
- Ball Carry(@ Chest)
 - 4 Shuttles



