



Warm Up: Shoulder Day!

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x10
 - Band Pulls x10
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



TDb L Press:

4-5 Sets w/ 1:00 TOR

- 12 Reps(ea) @ 40-50%

Db Drop Sets:

2 Sets(ea) w/ 2:00 TOR

3-5 Sets of Weights(ea)

1. High Rows
2. Lateral Raise
3. Reverse Flys(Optional)

EMOM: “X” Rounds

- 8-20 Core Choice



You go, I go!

- Db Bear Crawl
 - 1 Shuttle
- 150m Run



April 4th

Audio

