



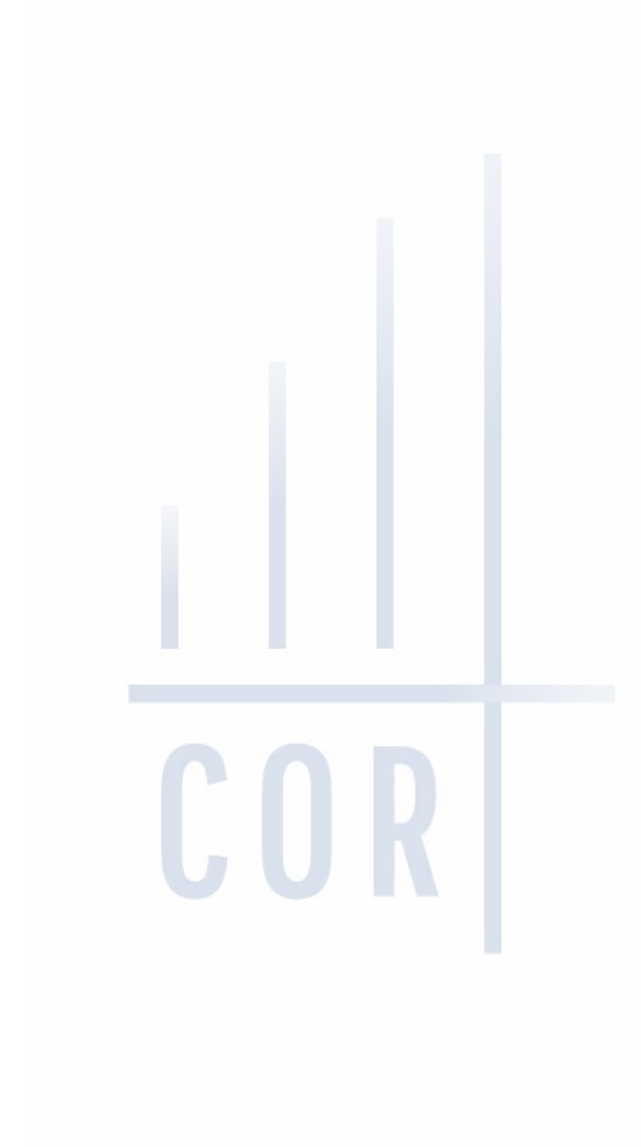
## Warm Up: Back Day!

- 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)



TEMOM: 10  
Mins

- 3-10 Pull Ups



AMRAP: 5 Rounds

**Ski DB 100 or 150m**

- 500 or 750m Ski'd
- 20-30 Core Choice
  - No Rollouts
- Suitcase Carries
  - 8 Shuttles(ttl)



May 11th

Audio

