



## 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



## Ladder #1

### 5 Rounds & UB 50/2

- 50m Ski'd
- 2 Db Pullovers
- 2 Db Curls
- 2 Db Wide Curls

## Ladder #2

### 10 Rounds & UB 25/2

- 25m Run
- 2 Db Tricep Ext

## Ladder #3

### 6 Rounds & DB :10

- 1:00 Bar Hang(Cumulative)
- 10 Db OH Ext w/ Pause
- 10-30 Dips UB

## Ladder #4

### 10 Rounds DB 1

- 10 Chin Ups
- 10 BB

Or

- 20 BB(DB2)



May 15th

Audio

