



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)



Metcon: 5 Round Cap

- 8-12 Pull Ups
- 350 or 500m Ski'd
- 8 Db/Ball Cleans
- 10 Db Pullovers
- 4-12 BB
- 10-20 Core Choice
- 2:00 Rest



May 19th

Audio

