



## 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 Seated Press:

3-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ 50%+

## TDb S/A High Row:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

## TDb Lateral Raise:

3-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ Max

## TDb Lying Rev Fly:

3-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ Max

## After Each Exercise:

- Db High/Low Carry
  - 5 Shuttles Each
- 10-25 Pikes
  - TRX Or Walking



May 22nd

Audio

