



Warm Up: Chest Day!

- Band Rotator Cuff Warm Up
- Chest/Lat Foam Rolling
- Db S/A OH Mobility
- MB Tempo Presses
- S/A Db Chest Activation
- Warm Up Chest Press!



TDb Chest Press:

4-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ 50%+

TDb Incline/Decline Press:

4-5 Sets w/ 1-1:30 TOR

- 8-12 Reps @ 40%+

Push Up Variation:

- 100 Rep AMRAP
- T Clock Time



E3MOM: 5 Rounds

1. :45 Suitcase Carry
2. 8-12 Db Pullovers
 - On Turf
3. :45 Cals Ski'd

Into → AMRAP

Cals Biked: 5/16!

- 3+ Mins



May 30th

Audio

