



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)



Farmer Carry Ladder:

- 32 or 40 Shuttles
- 30 or 40 Pull Ups
- 24 or 30 Shuttles
- 25 or 35 Ball Cleans
- 16 or 20 Shuttles
- 20 or 30 Dbl Db Snatches
- 8 or 10 Shuttles
- 15 or 25 Db Over BB



May 31st

Audio

