



## 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



## Ladder Metcon: 5 Rounds

Run DB 12, 15, or 20 Cals

- 60, 75, or 100 Cals Ran
- 8-10 Db S/A Push Press(ea)
- 10-12 Db Ext High Rows
- 10-25 Core Choice UB
- Db High/Low Carries
  - 10 Shuttles(5 each)



May 4th

Audio

