



## 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)



T Pull Ups:

5 Sets w/ 1:00 TOR

- 5-12 Reps

T S/A Db Low Row:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

AMRAP: R-O-T

- 6 Ball Slams w/ Rotation
- :30 Rest



## Metcon: 20 Mins

- 250/300m Ski/Rowed
- Db Suitcase Carry
  - 8 Shuttles(ttl)
- 8 Walkout Plank DbI PU
- 10-20 Tuck Ups



May 5th

Audio

