



Warm Up: Arm Day!

- Band Rotator Cuff
- Wrist Curls(3x10;ea)
- Roll Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



May 9th

TDb Tricep Ext:

- 60, 75, or 100 Reps
- @ Max

Ladder: 10 Rounds

UB 1 & UB 25m

- 1 Chin Ups
- 75m Row
- Last Rd = 300m

Tricep Superset:

3-5 Sets w/ 1:00 TOR

- 10-25 Dips
- 10-15 Band Pushdowns

Metcon: 4-5 Rounds

- 200m Run
- 10 Db Curls
- Db Goblet Carry
- 4 Shuttles @ Max

TRX Pike/Knee Tucks:

- 50 Rep Cap



May 9th

Audio

