



Warm Up: Arm Day!

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



10:00 Bike Ride:

- 80/100 Cal Cap

Into → Chipper

Chipper: Any Order

30-50 Reps of All

Bicep Focus - Cap @ 3

- Chin Ups
- Db Concentration Curls(ea)
- Db Alt Hammer Curls(ea)
- Db Kneeling Alt Curls(ea)

Tricep Focus - Cap @ 3

- Db OH Extension
- Db Tricep Extension
- Db Kickbacks
- 100 Dips

Misc Focus - No Cap

- Ball Clean to OH
- Db Alt Snatches(ea)
- Cals Ski'd
- Ball Slam w/ Rotation(ttl)



June 18th

Audio

