



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)



You go, I go Buy In!

Switch Every Stop/:30

- 600/200+ Singles/DU
- Cap @ 10 Mins(ttl)

3-5 Rounds:

- 10-15 Pull Ups
- :30 Bar Hang
 - Cumulative
- 12 S/A Db Low Rows(ea)
 - Free Standing
- :30 Bar Hang
 - Cumulative
- 8-12/10-15 Cals Ski'd
- 1:30 Rest

TDb Alt Snatch:

3-5 Sets w/ 1:00 TOR

- 10-20 Reps(ttl)
 - (35/50#+)

Core Choice:

- 50+ Reps
 - Bar Skill
 - Rollouts
 - V-Ups/Tuck Ups
 - Sit Up Variation



June 19th

Audio

