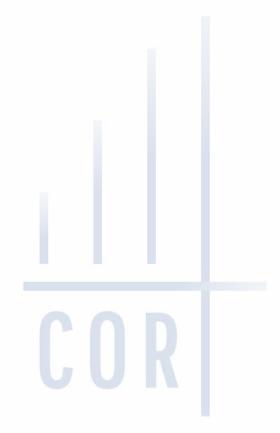
# COR

# Warm Up: Chest Day!

- Band Rotator Cuff Warm Up
- Chest/Lat Foam Rolling
- Db S/A OH Mobility
- MB Tempo Presses
- S/A Db Chest Activation
- Warm Up Chest Press!



# Metcon: 75 or 100 Reps

## Db Chest Press @ 50%+

- 1. Right Arm Reps
- 2. Left Arm Reps

Every Rest = 8/10 Cals Ski'd

If Finished → R-O-T AMRAP

### Push Up Progression:

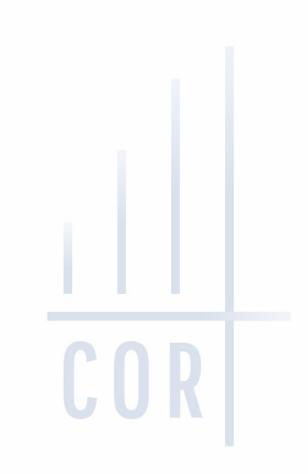
- 1. 20-50 High Bench
- 2. 15-40 Low Bench
- 3. 10-30 Floor
- 4. AMRAP High Bench



Alt E2MOM: 8 Rds

**1:30 AMRAP** 

- 1. Singles/DU
- 2. Cals Ski'd



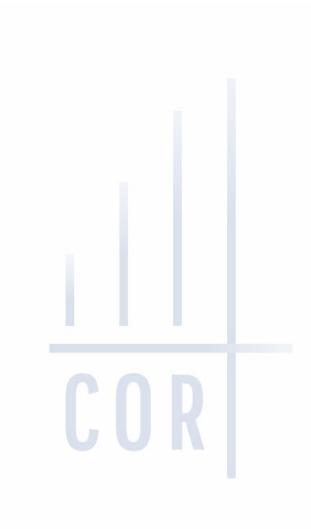
TDb Incline

Fly-Press:

3-5 Sets w/ 1:00 TOR

• 8-10 Reps @ Max





Audio