



## 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



June 29th

Audio

