



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)



Deep/Depth Squat:

:30 Between Each

1. The Stretch
 - :45(ea)
2. DS Hold
 - 1:00
3. DS to Hammy Stretch
 - 2x:30
4. Ball Squat Cleans
 - AMRAP @ Max
 - Ramp?



Metcon:

Accumulate 4 Mins

- Bar Hang

Each Drop =

- 5-7/6-8 Cals Biked
- 6 Ball G to S
- 4 BB

If Finished → R-O-T

Ladder AMRAP:

10-8-6-4-2-2-Etc

- Cals Biked/Rowed
- Pull Ups
- Tuck Ups



July 6th

Audio

