



## Warm Up: Chest Day!

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



## EMOM: 10 Rounds(ea)

### Group A

#### Even -

- 8-10 Db Chest Press @ 50-60%

#### Odd -

- 10-15 K to B/Tuck Ups

Or

- 8-10 Rollouts

3:00 Rest/Transition

### Group B

#### Even -

- 7-18 Cals Rowed

#### Odd -

- 8-30 Push Ups



Db Incline Press:

4-5 Sets w/ 1:30 TOR

- 10 Reps w/ Pause @ 40-50%

30 or 50 Cal Bike Ride(Optional)

Db Incline Fly-Press:

4-5 Sets w/ 1:30 TOR

- 10 Reps w/ Pause @ Max



December 15th

Block 1:

