



Warm Up: **Arm Day!**

- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Stretch
- PVC Lat Stretch
- TRX Bicep Stretch



AMRAP: 18 Mins

One Leg Each Round

- 12 Db Supinated Curl w/ Tempo
- 12 Db OH Ext w/ Tempo
- 8 or 12 Cal Bike
- 15 K to B/V-Up Variation
- Switch Legs & Repeat



Group A: 12 Mins

- 100/40 Singles/DU or 1:00
- 15 Db Kickbacks
- 10 S/L Cone Lateral Hops(ea)
- 10 S/L Cone Sagittal Hops(ea)
- 4 S/L Burpee Variation

2:00 transition/rest

Group B: 12 Mins

- 4:00 Bike Ride or 50 Cals

Into → AMRAP

- 10 Db Floor Tricep Ext
- 10 Db Hammer Curls
- 6 Ball Cleans

