



Warm Up: **Back Day!**

- Band Rotator Cuff Activation
- PVC Wrists Twist & Stretch
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



S/A Standing Low Row:

2 Weeks Rolling

4-5 Sets w/ 1:30 TOR

- 8-10 Reps(ea) @ Max

Strict Pull Ups:

5 Sets w/ 1:00 TOR

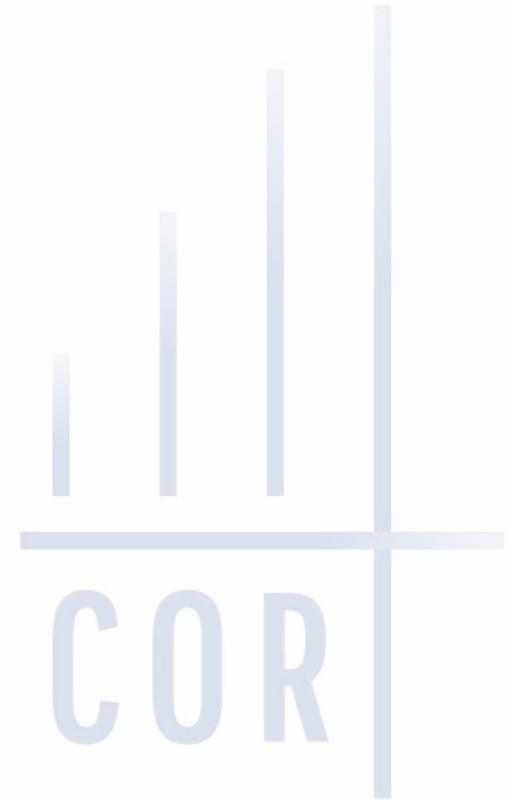
- 5-10 Reps

5 Sets w/ 1:00 TOR

- 3-7 Reps

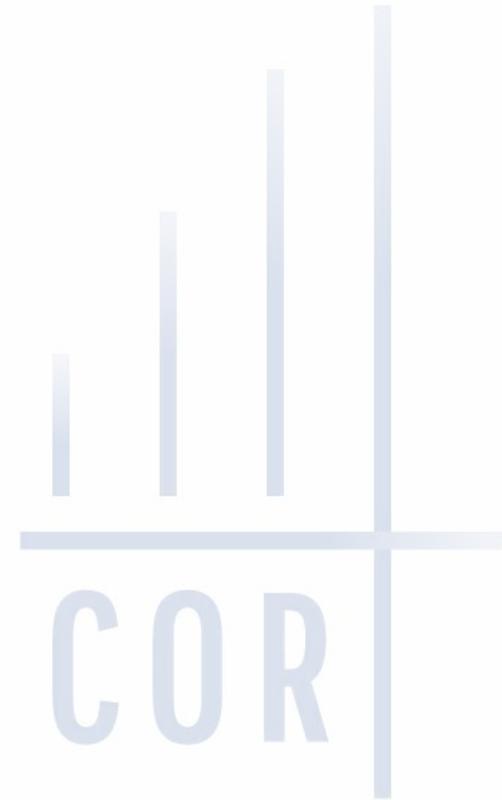
Into → @ Pace

- Rowing < 27 S/M



## E3MOM: 5 Rounds

- 12-20/16-24 Cals Biked
- 8 Ball Clean to OH



December 17th

Block 1:

