



## Warm Up: Arm Day!

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



# January

## Ascending Ladder:

2-4-6-20

- Cals Biked or Rowed
- K to B/V-Up
- Db Tricep Extension
- Ball Tosses
- Db Supinated Curl

## Descending Ladder:

20-18-etc

- Db OH Extension
- Chin Ups
- Db Clean to OH
- Opposite Aerobic Cals

Start with either one!

- 110 Reps(ea)



