



Warm Up: **Arm Day!**

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



Seated OH Tricep Ext:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps w/ Pause @ Max

Db Conc Curl:

3-4 Sets(ea) w/ 1:00 TOR

- 8-12 Reps w/ Pause @ Max



Metcon: 12 Mins

- 300m Row
- Db 21 @ Max
- 6 Ball G to S

2:00 Transition

Metcon: 12 Mins

- 300m Row
- 15-20 Db Tricep Ext UB
- 10-15 K to B/Tuck Up



