



## 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!



## Superset:

3-5 Sets w/ 2:00 TOR

- 10-12 Chest Press @ 50%
- 7-20 Push Ups

3:00 Aerobic(or not) Rest

## Db Incline Press:

3-5 Sets w/ 1:30 TOR

- 10-12 Chest Press @ Max

Into → Choose One

## Db Fly-Press:

4 Set Cap w/ 1:00 TOR

- 10 Reps @ Max

Or

## AMRAP: "X" Rounds

Choose One w/ :30 TOR

- 8-10 K to B
- 6-8 Rollouts
- 8-10 V-Up Variation



## Conditioning: 14 Mins

### Two Weeks Rolling

Can Optionally Take **ANY ONE** Off!

- 2:00 Bike or 22/30 Cals
- 1:30 Ball Clean to Step Over or 8 or 10 Reps
- 2:00 Row or 26/34 Cals
- 1:30 Ball Clean to Step Over or 8 or 10 Reps
- 2:00 Bike or 22/30 Cals
- 1:30 Ball Clean to Step Over or 8 or 10 Reps
- 2:00 Row or 26/34 Cals
- 1:30 Ball Clean to Step Over or 8 or 10 Reps



January 25th

Audio

