



Warm Up: Back Day!

Mini Cycle #3/8

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



Two Weeks Rolling!

Pull Up Mini Cycle: #3/8

Choose One

- 5-10x5-10 w/ 1:00-1:30 TOR
- EMOM for 5-10 Mins
- :30 EMOM for 5-10 Mins

Bench S/A Low Row: Any Setup

4-5 sets w/ 1:00 TOR

- 8-10 Reps(ea) @ Max

4-5 Rounds:

- 8-10 Db Pullovers
- 8 Ball Slams
- 200m Run



AMRAP: R-O-T

5 Round Cap

- 300 or 400m Run
- 16 S/A Db OH Rev Lunges(ttl)



