



Warm Up: Back Day!

Mini Cycle #4/8

- 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)



E2MOM: 5 Rounds(ea)

Group A

- 10-20 Pull Ups

2:00 Rest/Transition

Group B

- 3-7 Db Bear Complex
 - Clean
 - Squat
 - Push Press
 - Squat
 - Push Press



Buy In & Out:

- 15 or 30 BB

Aerobic Ladder:

- 800m Row
- 400m Run
- 2:00 Rest
- 600m Row
- 300m Run
- 1:30 Rest
- 400m Row
- 200m Run
- 1:00 Rest
- 200m Row
- 100m Run



March 12th

Audio

