



Warm Up: Chest Day!

Cycle Week #10/12

- Band Rotator Cuff Warm Up
- MB Tempo Presses
- Shoulder/Chest Foam Rolling
- Db OH Mobility
- S/A Db Chest Activation
- Warm Up Chest Press!



- E3MOM: 4 Rounds
Drop Set(3 weights)
Db Chest Press
- 4 Reps
 - 6 Reps
 - 8 Reps



Metcon: AMRAP

- 12-16/16-20 Cals Rowed
- 20 Db Alt Incline Press(ttl)



Lifting Option

Buy In & Out:

- 30 Push Ups

Db Incline Fly-Press:

4 Sets w/ 1:00 TOR

- 8-12 Reps w/ Pause

Db Pullover:

4 Sets w/ 1:00 TOR

- 8-12 Reps(Bent)

Metcon Option

AMRAP:

- 24/30 Cal Row
- 8-25 PU UB(switch ea rd)
 1. Floor
 2. Low Bench
 3. High Bench
- 15 Db Tricep Press
- 8 Ball G to S



Cycle Week #10

1. Continue Warm Up
2. 4-5x5-3 @ 1 WC ^^ than last week
 - 4:00 TOR

Into → R-O-T

In Order:

5x6 @ Max w/ 3:00 TOR

1. Incline Press
2. Decline Press
3. 50 or 100 PU



April 10th

Audio

