



## Warm Up: Chest Day!

### Cycle Week #12/12

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



## Db Chest Press:

1. Find 1RM(Optional)
2. 4-5x8-12 @ 50-60% w/ 1:30 TOR

Into → R-O-T

## Metcon:

**UB :15 Each Round**

- :30 Aerobic Choice @ Pace
- 10-20 K to B/V-Up Variation
- :30 Plank



Flex EMOM: 16-20 Mins

1. 8 Db Incline Press w/ Pause @ Max
2. 7-12/10-15 Cals Biked
3. 8-30 Push Ups
4. 8-12 Incline Tricep Press @ Max

Optional Choice

5. 6-10 S/A Db Devil Press(ttl)



April 22nd

Audio

