



Warm Up: **Shoulder Day!**

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x15
 - Band Pulls x15
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x15;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



Ladder AMRAP: All S/L

- 100 MB Frontal Pulses(ttl)
- 80 Db Alt High Rows(ttl)
- 60 Standing Db Press @ 40%
- 40 Aerobic Cals
- 20 Db Upright Rows w/ Pause
- 40 Aerobic Cals
- 60 Db Y's
- 80 Db Alt Snatches(ttl)
- 100 MB S/L OH Pulses(ttl)

Into →

5 Round Cap:

- 10 Cal Row
- 10 Ball Tosses



April 30th

Audio

