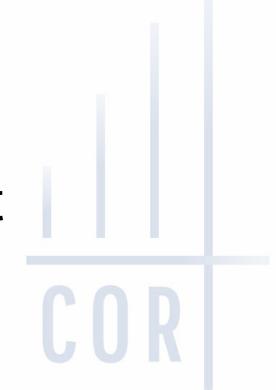
COR

Warm Up: Arm Baseline Day! Incline Curl last done 6/24/23

- Band Rotator Cuff
- Db Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



<u>Incline Curl Baseline!</u>

- 1. Warm Up!
- 2. Ramp to Max

Seated OH Ext:

4-8 Sets w/ 1:00 TOR

• 6-12 Reps Ramping

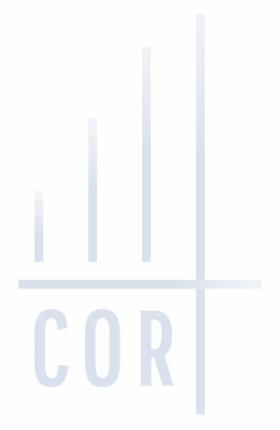
Db Alt Supinated Curl:

3-5 Sets w/ 1:00 TOR

• 7 Reps(ea) @ Max

AMRAP: R-O-T

- 10 Aerobic Cals
- 6 Ball Cleans



Metcon: 5 Rounds

• 1:30 Aerobic Choice @ Pace

Into → 1:30 AMRAP

- 1. Db Tricep Ext
- 2. Chin Ups or Hammer Curls
- 3. Db Clean to OH
- 4. Alt S/A Db Devil Press
- 5. Bench Dbl Step Over Push Up







Audio