



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



Incline Curl Baseline!

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



April 7th

Audio

