



## Warm Up: Chest Day!

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



## E2MOM: 4-5 Rounds

- 4-8 Ball Clean to S into Step Up
- 8-25 Bench Push Ups

## Biking Option: Class

All w/ 1:00 TOR

1. 5x10, 15, or 20 Cals
2. 4x15, 20, or 25 Cals
3. 3x20, 25, or 33 Cals
4. 2x25, 30, or 50 Cals
5. Join Class

## S/A Db Chest Press:

3-5 Sets w/ 1:30 TOR

- 8-12 Reps(ea) @ 40-60%

30 Aerobic Cals

## Db Alt Incline Chest Press:

3-5 Sets w/ 1:30 TOR

- 20 Reps(ea) @ Max

30 Aerobic Cals



EMOM: 8 Mins

- 10-20 K to B
- 8-12 Rollouts
- 10-20 V-Up Variation

Or

- 5-10 Db Thrusters (35/50#)

Or

- 7-18 Aerobic Cals



May 10th

Audio

