
COR

May 22nd

10 mins

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!

May 22nd

Block 1: 50 mins

Metcon: 5 Round Max/Cap

4 Rounds w/ Run

5th Round w/o Run & 1:30 TOR

- 400m or 600m Run
- 5 Db Chest Press @ 70%
- 15 Reps @ 40%
- 200m or 400m Run
- 4-8 Db Man Makers
- 200m or 200m Run
- 5 Db Incline Press @ 50-60% w/ Pause
- 8-25 Push Ups UB

May 22nd

Audio