



Warm Up: **Back/Arm Day!**

- Band Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



S/A Db Low Row:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

Db Tricep Ext:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max



Chipper: **Any Order!**

- 50 Cals Biked
- 50 OH Ext w/ Pause
- 50 Ball Clean to Step Overs
- 50 Hip Dips(ea)
- 50 Db OH Reverse Lunges(ttl)



May 26th

Audio

