



## Warm Up: Lifting Chest Day!

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



20-50 Bench Push Ups

Db Chest Press:

3-5 Sets w/ 1:30-2:00 TOR

- 8-12 Reps @ 60-50%

20-50 Low Bench Push Ups

Db Incline Press: w/ Pause

3-5 Sets w/ 1:30-2:00 TOR

- 8-12 Reps @ 50-30%

20-50 Push Ups

Db Pullovers:

3-4 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

3-4 Rounds:

- 8-15 Cals Rowed
- 10-15 K to B/V-Up
- 8 Ball G to S

Buy Out:

- 50 Rollouts

Or

- Bench Leg Raises



May 28th

Audio

