



Warm Up: Shoulder Day!

Mini Cycle Week #6/8

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x15
 - Band Pulls x15
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



MC Week #6/8

DbI or S/A Db Push Press:

“X” Sets Ramping w/ “X” TOR

- Warm Up Appropriately
- 3-10 Reps(Choice Dependent)
- Find Stable Max & Perform 3-5 Sets
 - OH Pause
 - Individual Reps
 - Flow Sets

Into → 1600m Run/Row



MB Work: 4 Sets

- 14 or 20 Bear Plank Taps(ttl)
- 15 Kneeling OH Pulses
- 15 Kneeling Frontal Pulses
- 1:00 Rest

4 Rounds:

15, 20, or 25 Reps

- Cals Biked
- Ball Tosses

Each Round = 20 Db High Rows



June 17th

Audio

