



Warm Up: **Arm Day!**

- Band Rotator Cuff
- Db Wrist Curls(3x10;ea)
- Roll Forearms/Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



Buy In:

- 1600m Run or Row

5 Rounds:

- 10 Db Step Up to Hammer Curl
- 6, 8, or 10 Dbl Step Over PU

Db Tricep Ext:

- 60 or 100 Reps @ Max

AMRAP: R-O-T

- Bike @ Pace



Metcon: 12 Mins

- 8-12 Cals Biked
- 8 Db OH Ext
- 6 Ball G to S
- 8 Db Curls
- 6 Ball G to S
- 10-20 K to B UB/V-Up Variation



