



Warm Up: Partner Back 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)



June 6th

Block 1: Class

Buy In: 21 Min Cap

Choose One

- 2x800m Run
- 4x400m Run
- 8x200m Run

You go, I go!

- All of it

AMRAP: R-O-T(21 mins)

- Alt Db Man Maker

EMOM: 25 Mins

:30 On/:30 Off

1. Bar Hang → Db Hold
2. AMRAP Pull Ups
3. AMRAP Ball G to S
4. AMRAP Db Pull Through
5. AMRAP Bike



June 6th

Audio

