



Warm Up: Back Conditioning 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)



Metcon: 21 Mins(ea)

Group A

- 1 Dbl Db Devil Press
- 3 Pull Ups
- 5 Ball Tosses

3:00 Rest/Transition

Group B - Choose One

Rowing

- 300, 400, or 500m Repeats
- 1:00, 1:00, or 1:30 TOR

Biking

- 15, 20, or 25 Cal Repeats
- 1:00, 1:00, or 1:30 TOR



July 15th

Audio

