



## Warm Up: 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!



EMOM: 20 Min Cap

Even

- 5 Chest Press @ 60%

Odd

- Rest

Ladder:

10→1 Reps

- Incline Press @ 50%
- Ball Cleans

AMRAP: R-O-T

- 10-20 K to B UB
- 16 Deadbugs(ttl)
- :30 Rest



- Bike Ride:  
**10 Min Cap**
- 100 Cals



July 17th

Audio

