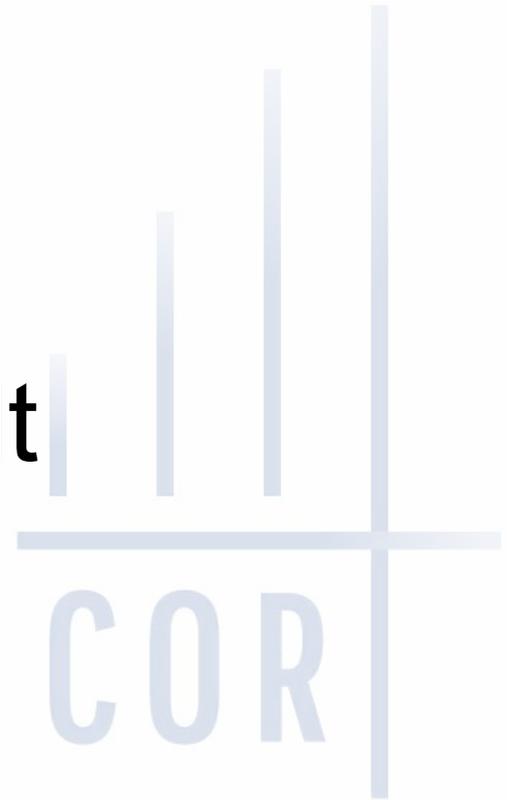




## Warm Up: Arm Day!

### Mini Cycle Week #2/8

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



## Mini Cycle Week #2/8

- 3x:20 Dead Hang w/ :30 TOR
- 3x6 Dead to Active w/ :30 TOR
- 5x5-10 Chin Ups w/ 1:00 TOR

## Db Pullovers:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

## Db Tricep Ext:

4-5 Sets w/ 1:00 TOR

- 8-10 Reps @ Max



TDb Alt Curl: 8 Min Cap

4-5 Sets w/ 1:00 TOR

- 8-10 Reps(ea) @ Max

1:00 Transition

E3MOM: 3 Rounds

1. Db OH Ext to Failure
2. Db Wide Curl to Failure
3. :45 Aerobic Choice @ Pace



