



Warm Up: Arm Day!

Mini Cycle Week #4/8

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



Chin Ups:

5-10 Sets w/ 1:00 TOR

- 5-10 Reps

Bicep Superset:

3-5 Sets w/ 1:30 TOR

- 8 Db Hammer Curls
- 8-12 Db Reverse Curls

Tricep Superset:

3-5 Sets w/ 1:30 TOR

- 8-10 Db OH Ext w/ Pause
- 10-15 Band Pulldowns

Into → AMRAP K to B



Alt E2MOM:

Group A - :30 On/:30 Off

- Singles/DU

Group B - 1:45 AMRAP

- 1 Db Man Maker
- 3 Db Curls w/ ^^^
- 5 Db Tricep Kickbacks
- 7 Tricep PU



August 3rd

Audio

