



Warm Up: Shoulder Lifting Day!

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x10
 - Band Pulls x10
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



Seated Db Shoulder Press:

1. T Find 1RM(If applicable)
2. T 4-5x8-12 @ 60-50%
 - w/ 1:30 TOR

T S/A Db High Row:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

Kneeling Superset:

3-5 Sets w/ 1:30 TOR

- 8 Db Lat Raises @ Max
- 8 Db Y's @ Max(lighter)

Ladder:

21-15-9-6

- Aerobic Cals
- Ball Tosses



On Whiteboard

Core Ladder: R-O-T
DB5 Each Round

- 25 Sit Ups
- 25 S/L V-Ups(ttl)
- 25 Hollow Rocks



August 16th

Audio

