# COR

# August 16th

# 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. TFind 1RM(If applicable)
- 2. T4-5x8-12 @ 60-50%
  - w/ 1:30 TOR

### TS/A Db High Row:

4-5 Sets w/ 1:00 TOR

• 8-12 Reps(ea) @ Max

### **Kneeling Superset:**

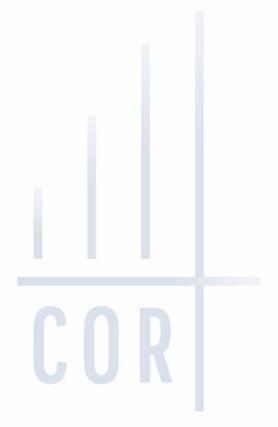
3-5 Sets w/ 1:30 TOR

- 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

