



Warm Up: Chest/Back Day!

- Band Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



27:00 Cap

25-20-15-10-5

- Cals Rowed
- Strict Pull Ups
- Db Chest Press @ 50%+

8:00 Cap

- 15-25 Push Ups
- 800 or 1000m Run or 1:30 Mark
- 15-25 Push Ups

6:00 Cap

- 10-20 Push Ups
- 400 or 600m Run or 1:30 Mark
- 10-20 Push Ups

3:00 Cap

- 7-15 Push Ups
- 200 or 400m Run
- 7-15 Push Ups



August 31st

Audio

