



## Warm Up: Chest Day!

- Band Rotator Cuff Warm Up
- Chest/Lat Foam Rolling
- Db S/A OH Mobility
- MB Tempo Presses
- S/A Db Chest Activation
- Warm Up Chest Press!



E3MOM: 5 Rounds

30-40%+ of Chest Press #

1. Db Hold
2. 12-15 Chest Press UB
3. Rest

2:00 Rest/Transition

Metcon: 12 Mins

5 Round Cap

- 12-16/16-20 Cal Row
- 5 Db Man Makers



September 10th

Block 2: Class/2 mins

T Incline Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max

Choose One Below

T Decline Press:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ 50-40%

Or

AMRAP: R-O-T

- 8/10 Cals Biked
- 5-7 Walkout Push Ups



September 10th

Audio

