



Warm Up: **Arm Day!**

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



TEMOM: 10 Mins

Even

- 10-20 K to B→Knee Tucks

Odd

- 10-25 Sit Ups

TDb Tricep Ext:

4-5 Sets w/ 1:00 TOR

- 10 Reps @ Max

TChin Ups:

5 Sets w/ 1:00 TOR

- 5-10 Reps



TEMOM: 8 Mins

- 5-20 Cals Biked



TDb Seated OH Ext:

4-5 Sets w/ 1:00 TOR

- 10 Reps @ Max

TDb Supinated Curl:

- 40 or 50 Reps @ Max



September 13th

Audio

