



Warm Up: Chest/Cardio Day!  
Mini Cycle Week #3/8

- 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!



## Metcon:

- 100 Cal Row or 8:00
- 20-50 Push Ups
- 40 or 50 Db Chest Press @ 40%+
- 80 Cal Row or 7:00
- 20-50 Push Ups
- 30 Ball Slams w/ Rotation(ttl)
- 60 Cal Row or 5:00
- 20-50 Push Ups
- 40 or 50 Db Decline Press @ Max
- 40 Cal Row or 3:00
- 20-50 Push Ups
- 50 Deadbugs(ttl)
- 20 Cal Row
- Cap @ 50 → K to B, Rollouts, V-Ups



## Random Challenge:

- 500 Db Step Overs (12.5/20#)
- Every 50 Reps =
- 12 Chest Press w/ Pause @ 50%
  - 16/20 Push Ups



