



Warm Up: Shoulder 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



T S/A Db Push Press:

“X” Sets Ramping w/ “X” TOR

- Warm Up Appropriately
- 3-8 Reps(ea)
- Find Stable # & Perform 4-5 Sets(ea)

4 Rounds: Add Bosu if Applicable

- 400m Run/Row @ 60%+
- 12 S/L Db High Rows
- 12 S/L Db Lateral Raises

4 Rounds: Add Bosu if Applicable

- 200m Run/Row(Optional)
- 12 S/L Db Arnold Press
- 15/5 S/L Frontal Hops
- 15/5 S/L Lateral Hops



On Whiteboard: 4 Sets

- 12 S/L Db Reverse Flys
- 20 MB Plank Taps(ttl)
- 20 MB S/L OH Pulses
- 1:00 Rest



September 29th

Audio

