



## 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



S/A Push Press Warm Up:

5 Mins

- Warm Up to 8 Rep Max

1:00 Transition

Metcon: 15 Mins

- 300m Run or 1:45
- T8 Reps(ea) @ Max



## TDb Seated Lateral Raise:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

## TDb Seated Arnold Press:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

## TDb High Row:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max



October 11th

Audio

