



Warm Up: **Arm Day!**

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



Bicep/Tricep “Supersets” 4-5 Sets(ea) w/ 1:30 TOR Lifts Done @ Max

Superset #1

- 5-10 Chin Ups UB
- 8-12 Db OH Ext

Superset #2

- 8-12 Db Tricep Ext
- Db 21



AMRAP: 10 Mins

- 10/12 Cals Rowed
- 6 S/A Db Devil Press(ttl)
 - (35/50#)



AMRAP: R-O-T

Lifts Done @ Max

- 8 Db Hammer Curls
- 10 Tricep Kickbacks
- 12-15 Tricep Pulldowns
- :45 Rest



October 12th

Audio

