



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



Biking Metcon:

- :40 Bike After Each Round
- Let Cals Accumulate!
- 4 Rounds Of Each Exercise

Done In Order!

- 12 Db Incline Supinated Curl
- 15 Db Tricep Extension
- 5-12 Chin Ups UB
- 7 Walkout Plank to P to E
- 10-30 Dips UB
- 10 Db Hammer Curl
- 15 Band Tricep Pull Downs
- 5-12 BB



October 21st

Audio

