



Warm Up: **Chest Day!**

**Mini Cycle Week #7/8**

- 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!



### Push Up Metcon:

- 100, 150, or 200 Reps

Every Rest = 3-4 Db Deadlifts

- @ 50%

### AMRAP: R-O-T

#### Lifts Done @ Max

- 2:00 Row or 450m
- 10 Incline Press
- 10-20 K to B UB/Leg Raises
- 8 Incline Fly-Press
- 10 Hip Dips(ea)
- 8-12 Incline Tricep Press
- :40 Plank



