



Warm Up: **Chest & Cardio Day!**  
**Mini Cycle Week #8/8**

- 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!



## Mini Cycle Week #8/8

TAMRAP: 5 Mins

- Push Ups

5K Row Prep:

Find Your Split

- 1000m or 5:00
- 2:00 Rest
- 800m or 4:00
- 1:30 Rest
- 600m or 3:00



## #1 Db Chest Press:

**3-5 Sets w/ 1:30 TOR**

- 8-12 Press w/ Pause
- @ 50%

## #2 Db Incline Superset:

**3-4 Sets w/ 2:00 TOR**

- 8-12 Press @ Max
- 12 Tricep Press @ Max

## #3 Metcon: **10 Mins**

- 150m Run or 1:00
- 16 Alt Db Chest Press(ttl)
- 4 Ball Slams
- 3 Walkout Plank HRP

### Choose One:

- #1 & #2
- #2 & #3



October 30th

Audio

