



Warm Up: **Back Day!**

- Band/Db Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



Alt E2MOM: 5 Rounds(ea)

Group A

- 10-20 Pull Ups

Group B - (35/50#)

- 3-7 Db Bear Complex
 - Clean
 - Squat
 - Push Press
 - Squat
 - Push Press



Db Hold: @ Max

Accumulate 8 Mins

Every Break = 200m Run

Into → R-O-T

T Alt EMOM:

Even

- 10-20 K to B/Leg Raises

Odd

- 10-20 Sit Ups



October 31st

Audio

