



Warm Up: **Arm Day!**

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



Lifting Sets: 5 Set Cap

1. 5-10 Chin Ups
2. 8-12 Db Tricep Ext @ Max
3. 8-12 Db Curls @ Max
4. 10 Db OH Ext @ Max
5. 10-25 Dips UB
6. 2:00 Rest

Into → Bike @ 50%+



E3MOM: 5 Rounds

- 8 Ball Cleans
- 10-25 Cals Biked



October 6th

Audio

