



## Warm Up: Chest Day!

### Mini Cycle Week #5/8

- 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!



AMRAP: 10 Min Cap

Start @ #1 or #3

1. 34 or 50 PU
2. 33 or 50 Low Bench PU
3. 33 or 50 High Bench PU

Set Rowers If Finished



T Ball Pick Up to S:

- 30 Reps or 7:00
- (70/100#)



## Metcon: Lifts @ Max

- 500m Row
- 20 Db Alt Chest Press(ttl)
- 12 K to B/Rollouts/V-Up
- 10 Db Incline Press w/ Pause
- 8 K to B/Rollouts/V-Up



October 8th

Audio

