



## 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)



800m Run or 5:00

Db Hold: @ Max

**Accumulate 8 Mins**

Every Break = Cals Biked

Cals UB2 Every Round

800m Run or 5:00

**Into → R-O-T**

21-15-9-6-3:

- Strict Pull Ups
- Db Hang Cleans
- Hip Dips(ea)
- Db Low Rows w/ Pause
- **BB**



