



## Warm Up: Chest Day!

- 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!



## Metcon: 12 Min Cap

- 16-20/20-24 Cals Biked
- 20, 30, or 40 Push Ups
- 12-16/16-20 Cals Biked
- 16, 25, or 35 Push Ups
- 8-12/12-16 Cals Biked
- 12, 20, or 30 Push Ups
- 4-8/8-12 Cals Biked
- 8, 15, or 25 Push Ups



## Ladder: 5 Rounds

- 10(DB2) Db Chest Press @ 70%+
- 2(UB2) Db Thrusters (35/50#)
- 20(DB4) Cals Rowed

## Db Incline Superset:

### 3-5 Sets w/ 2:00 TOR

- 8-12 Press @ 50-40%
- 8-12 Tricep Press @ Max

## Trunk Work: Your Choice

- 50-100 Reps



