



## 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!



## T Superset:

3-4 Sets w/ 2:00 TOR

- 8-12 Chest Press @ 60%
- 5-20 Push Ups UB

## T Db Decline Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max

Set Rowers & Rest



## E4MOM: 4-5 Rounds

- 20-50 Cals Rowed
- 8 Ball G to S



