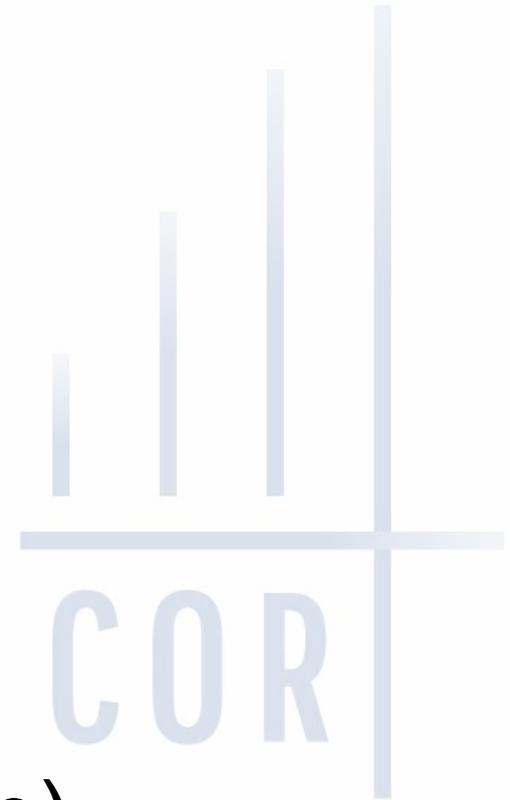




Warm Up: Back Day!

- 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)



Block 🔥 🔥 🔥 🔥

- 30 or 40 Strict Pull Ups

Into → R-O-T

AMRAP:

- Cals Rowed

Every Multiple of 10 =

- 5 Ball Cleans



Block 🔥 🔥 🔥

- 20 or 30 Strict Pull Ups

Into → R-O-T

AMRAP:

- Cals Biked

Every Multiple of 7 =

- 3 or 6 BB



Block 🔥 🔥

- 10 or 20 Strict Pull Ups

Into → R-O-T AMRAP

Db Low Row:

Every 8 Reps =

- :30 Rest



Block 🔥

- 5 or 10 Strict Pull Ups

Into → R-O-T

Ball Ruck:

Choose One

- 300m(PL)
- 400m(Bold)
- 600m(Park)



January 5th

Audio

