



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!



“X” Rounds:

1:30 On/1:30 Off

15th Round = No Rest

1. 50, 60, or 75 Db Chest Press
 - @ 50%
2. 40, 50, or 60 Cals Rowed
3. 50, 60, or 75 Db Incline Press
 - @ 40%+
4. 30-75 Bench Push Ups
5. 40, 50, or 60 Cals Rowed
6. 30-60 Sit Ups/**Ab Mat**
7. 40, 50, or 60 Cals Rowed



