



## Warm Up: **Shoulder Day!**

- Rotator Cuff Warm Up(3 Sets)
  - External Rotation x10
  - Band Pulls x10
  - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

## Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



## Pull Up Month!

- 20-30 Strict Reps

### Kneeling Db Press:

**3-4 Sets w/ 3:00 TOR**

- To Failure w/ 30-40%

### Alt Trunk EMOM: AMRAP

1. 10-20 Bar Skill/Leg Raises
2. 8-12 Rollouts/TRX
3. :30-:40 Hollow Hold



## Metcon: 15 Mins

- 50m Run(UB50)
- 8 Db High Rows w/ Pause
- 8 Db Push Press(35/50#)
- 8 Cals Ski'd



March 12th

Audio

