



## Warm Up: **Back & Arms 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)



T Pull Ups:

5-10 Sets w/ 1:00 TOR

- 5-10 Reps UB

T Db Tricep Ext:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

T S/A Db Low Row:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max



## AMRAP: 5 Round Cap

8 Reps of ALL

- Db Supinated Curl
- Ball Cleans
- Cals Ski'd
- :45 Rest
- Db OH Ext w/ Pause
- Band Pushdowns
- Cals Ski'd
- :45 Rest



March 22nd

Audio

