



Warm Up: **Back Baseline Day!**

1000m Skierg Last Done Never

- 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 Baseline!

- 1000m Skierg

T Pull Ups:

5-10 Sets w/ 1:00 TOR

- 5-10 Reps UB

T Db Clean to Split Jerk:

5 Sets w/ 1:30 TOR

- 5-8 Reps @ Max

Into →

Metcon: 5 Round Cap

- 8/10 Cal Row
- 150 or 200m Run
- 8 Ball Cleans
- 6 BB
- 4 Ball G to S
- 2 Db BB Deadlifts
- 1:00 Rest



