



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!



Pull Up Month!

- 20-30 Strict Reps

AMRAP: 8 Mins

- 100m Run
- 5-10 Push Ups



EMOM: 15 Mins

1. :25-40 Bar Hang/Db Hold
2. 8 Db Cleans (35/50#+)
3. 12-15 Chest Press @ 50-40%



T Incline Press: 10 Min
Cap

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max

Into → R-O-T

- **T** 1600m Run



March 9th

Audio

