



## 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!



## Buy In & Out:

- 1000m Run
- 7 Min Cap

## Choose 1 Rep Count:

- 60, 80, or 100

## Each Rest =

- 6-8/8-10 Cals Biked
- 7, 10, 12, or 15 PU

## In Order:

1. Incline Press @ 30-40%
2. Decline Press @ 30-40%
3. Chest Press @ 30-40%



