



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!



TDb Chest Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 50-60%

TDb Incline Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ 30-50%

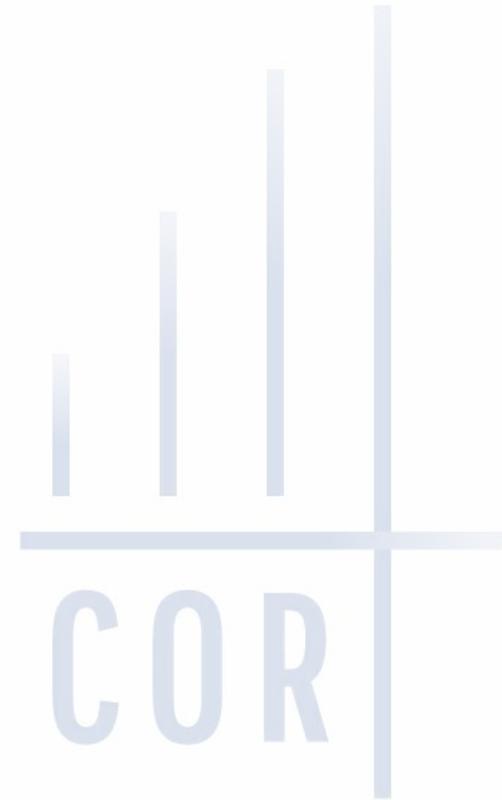
EMOM: "X" Rounds

- 7-20 Sit Ups



Tabata: 8 Rounds

- Push Ups
 - Ground
 - Low Bench
 - High Bench
 - 16" Box
 - 20" Box
 - 24" Box



E3MOM: 4 Rounds

- 12-27 Cals Rowed
- 8 Db Cleans
 - (35/50#)



April 13th

Audio

