



Warm Up: **Back 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)



Enduro Work: In Order

- 75, 100 Cal Row, Or 8 Mins
- 50 or 60 Pull Ups
- 60, 80 Cal Row, Or 7 Mins
- 40 or 50 Ball G to S
- 45, 60 Cal Row, Or 6 Mins
- 30 or 40 Shuttles(Farmers Carry)
- 30, 40 Cal Row, Or 5 Mins
- 20 or 30 BB
- 15, 20 Cal Row, Or 4 Mins
- 10 or 20 Pull Ups



April 20th

Audio

