



Warm Up: Shoulder Day!

- Rotator Cuff Warm Up(3 Sets)
 - External Rotation x10
 - Band Pulls x10
 - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



T Standing Press:

1. Ramp Up(3 Mins)
2. 4-5x8-12 @ 40%+
- 1:30 TOR

Db Lateral Raise:

- 2 Drop Sets
- 2:00 TOR

Db High Row: R-O-T

- 8 Reps w/ Pause
- :30-:40 Rest



Metcon: 18 Mins

- 8-15 Cals Ski'd
- 12 Db Reverse Flys
- 10 Db Standing Arnold Press
- 8 TRX/Walking Pikes
- 6 TRX/BW Knee Tucks



April 22nd

Audio

