



## Warm Up: Arm Day!

- Band Rotator Cuff
- Wrist Curls(3x10;ea)
- Roll Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



April 27th

Block 1: 15 mins

## Ladder AMRAP: 15 Min Cap

- 16, 20, or 24 Cals Biked
- 20 Db Tricep Ext/OH
- 20, 30, or 40 PU
- 13, 16, or 20 Cals Biked
- 16 Db Tricep Ext/OH
- 16, 25, or 32 PU
- 9, 12, or 16 Cals Biked
- 12 Db Tricep Ext/OH
- 12, 20, or 24 PU
- 6, 8, or 12 Cals Biked
- 8 Db Tricep Ext/OH
- 8, 15, or 16 PU
- 3, 4, or 8 Cals Biked
- 4 Db Tricep Ext/OH
- 4, 10, or 8

### Each Round:

- Ramp #!



## Alt E2MOM: 10 Rounds

### Group A - 1:45 AMRAP

- 40-50/20-30 Singles/DU
- 3 Ball G to S

### Group B - On Turf

- 8-10 Db Hammer Curls
- 12 Db Wide Curls
- AMRAP Sit Ups
- Stop @ 1:45 Mark



## Ski Erg Intervals:

### 5 Mins

- 1:00 @ 50%+
- :45 @ 60%+
- :45 Rest
- 1:00 @ 50%+
- 1:00 @ 60%+
- :30 @ Max



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Audio

