



## Warm Up: Back or Interval 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)



Run or Row:

Speed Intervals(Choose One)

- 8-24x200m w/ :30 TOR
- 4-12x400m w/ 1:00 TOR
- 2-6x800m w/ 2:00 TOR
- 2-3x1600m w/ 4:00 TOR

Endurance/Volume Intervals

- 8-24x1:00 @ 70%+ w/ :30 AR
- 4-12x2:00 @ 60%+ w/ 1:00 AR
- 2-6x4:00 @ 60%+ w/ 1:30 AR
- 2-3x8:00 @ 60%+ w/ 2:00 AR



T Db Pullovers:

4 Sets w/ 1:00 TOR

- 8-10 Reps @ Max

Ladder: 20 Min Cap

21-15-12-9-6-3

- Pull Ups
- Ball G to S
- Cals Rowed

AMRAP: R-O-T

- 10 Db Renegade Rows(ttl)
- :45 Rest



Alt EMOM: 12 Mins

Even

- :45 Ski Erg @ Pace

Odd

- :45 Singles/DU



## AMRAP: On Whiteboard

### One leg at a time

- 3-5 Three Point Touch
- 4-8 Db RDL
- 3-5 Pistol Squat(Bench)
- 20 Lateral Hops/5 Box/Bench
- 3-5 Burpee Variation



April 29th

Audio

