



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!



Buy In:

- 50 Core Choice Reps

TDb S/A Chest Press:

4 Sets w/ 1:30 TOR

- 12-15 Reps(ea) @ 40%+

TDb Alt Incline Press:

4 Sets w/ 1:30 TOR

- 20 Reps(ttl) @ 30-40%

TDb Decline Press:

4 Sets w/ 1:30 TOR

- 8-12 Reps @ Max



Alt E2MOM: 8 Rounds

Odd

- 14-32 Cals Rowed

Even - 1:30 AMRAP

- 1 Ball Clean to OH
- Dbl Bench/Box Over

Buy Out:

- 50 Core Choice Reps



April 7th

Audio

