



## 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!



## High-Low Supersets

### Db Chest Press:

**3-4 Sets w/ 2:00 TOR**

- 3-7 Reps @ 70%
- 5-10 Reps @ 50%

### Db Incline Press:

**3-4 Sets w/ 2:00 TOR**

- 3-7 Reps @ 40-60%
- 5-10 Reps @ 30-40%

### AMRAP Ladder:

**UB2 Every Round**

- 2 Cals Rowed
- 2 Bench PU
- 2 Tuck Ups



## Metcon Ladder: 12 Mins

- 100 or 150m Run
- Db Staggered Carry
  - .5 Shuttles (UB .5)



May 13th

Audio

