



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!



E5MOM: 10 Rounds

🔥 14-30 Cals Biked

1. 50-60 Db Chest Press
 - @ 40-60%
2. 50 BW Ben/Box Overs(ttl)
3. 40-50 Db Incline Press
 - @ 30-40%
4. 40/50 Cals Ski'd
5. 40-50 Db Decline Press
 - @ 40-50%
6. 50 Core Choice
 - No Rollouts
7. 40-100 High Bench PU



May 18th

Audio

