



## 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!



## TDb Incline Press:

4-5 Sets w/ 1:30 TOR

- 8-12 Reps @ Max

## Ladder: Same #

DB3 Each Round

- Db Carry
  - 15 Shuttles
- Db Floor Press
  - 15 Reps @ 40%
- 8-20 Push Ups
  - Stays the Same



- TE2MOM: 5 Rounds**
- 12-34 Cals Rowed



- TDb Decline Press:  
**3-5 Sets w/ 1:30 TOR**
- 8-12 Reps @ Max



May 1st

Audio

