



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!



Metcon: Lift On Turf!

🔥 :45 Ski'd

1. 3-4x12-20 Chest Press @ 40%
2. 3-4x8-30 Push Ups **UB**
3. 3-4x12-20 Decline Press @ 40%
4. 3-4x12-20 Incline Tricep Press @ Max

🔥 Db Carry(3 Shuttles)

🔥 10-20 Core Choice **UB**

🔥 BW Lateral Shuffle(2 Shuttles)



May 24th

Audio

