



## Warm Up: **Shoulder Day!**

- Rotator Cuff Warm Up(3 Sets)
  - External Rotation x10
  - Band Pulls x10
  - Cheerleader x20(ttl)
- Infraspinatus External Rotation
- Lock 3(3x10;ea)
- Foam Roll Delts, Lats, Upper Back!

## Wall Mobility:

- 3x10 Internal Rotation
- 3x10 Abduction



## Controlled Work: 10 Mins

1. 20 Seated S/A Press w/ Hold(ea)
2. 10 Seated Press w/ Hold
3. Ramp Push Press #
4. Set Bike & Rest

Into → 15 Mins

## Metcon:

- 6-12 Cals Biked @ 80%+
- 100 or 150m Run
- 8 Db Push Press UB @ Max
- 1:30 Rest



## E4MOM: 4 Rounds

- :40 Bear Crawl
- :20 Bear Plank
- Db Staggered Carry
  - 2 Shuttles
- 12 Db High Rows
- Db Staggered Carry
  - 2 Shuttles
- 12 Db Reverse Flys



May 27th

Audio

