



Warm Up: **Arm Day!**

- Band Rotator Cuff
- Wrist Curls(3x10;ea)
- Roll Anterior Delt
- Roll Lats/Chest
- PVC OH Mobility
- PVC Lat Stretch
- TRX Bicep Stretch



T Chin Ups:

5 Sets w/ 1:00 TOR

- 5-10 Reps UB

T Db Tricep Ext:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

T Db Conc Curl:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

T Db OH Tricep Ext:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max



E3MOM: 4 Rounds

- 8-12/10-15 Cals Ski'd
- Db Alt Staggered Carry
 - Alt Every Shuttle
 - Stop @ 2:30



May 3rd

Audio

