



Warm Up: **Arm Day!**

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



S/L S/A Db Curl to Press:

4 Sets w/ 1:30 TOR

- 12 Reps(ea)

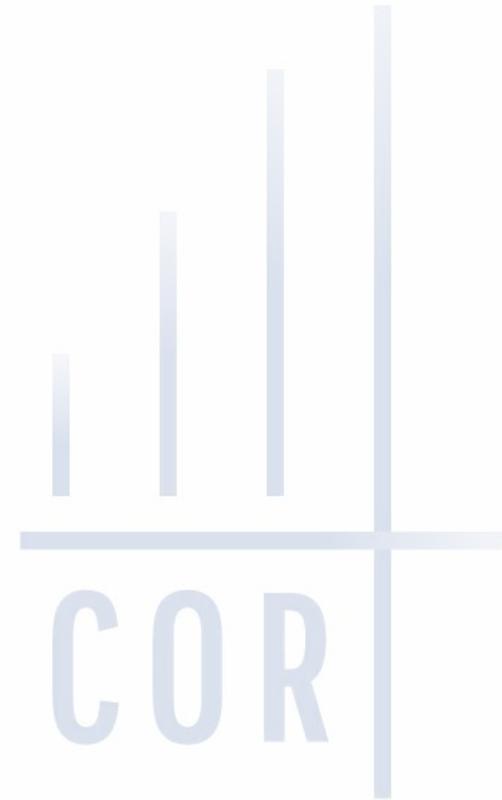
S/L S/A Db OH Ext:

4 Sets w/ 1:30 TOR

- 12 Reps(ea)

S/A Alt Snatch:

- 50 Rep Cap
- (35/50#+)



Metcon #1

4 Rounds:

- 200m Ski'd
- 8-10 Db Hammer Curls

Metcon #2

5 Rounds:

- 2 Chin Ups(UB2)
- 10 Db Tricep Ext @ Max

Metcon #3

5 Rounds:

- 6, 8, 10, 12, or 15 BB
- 8 Ball G to S



June 1st

Audio

