



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



Kneeling S/A Press:

4 Sets w/ 1:00 TOR

- 8-12 Reps @ 40%+

T S/A Db High Row:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

T S/A Db Clean to OH:

- AMRAP Ramping



E⁴MOM: 4-5 Rounds

- 14-32/16-40 Cals Rowed
- 8-20 Ball Tosses UB



June 14th

Audio

