COR

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



June 14th

Block 1: 24 mins

Kneeling S/A Press:

- 4 Sets w/ 1:00 TOR
- 8-12 Reps @ 40%+
- TS/A Db High Row:
- 3-5 Sets w/ 1:00 TOR
- 8-12 Reps @ Max

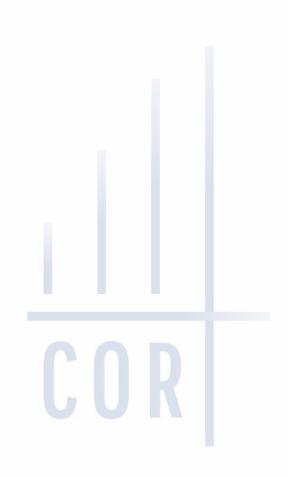
TS/A Db Clean to OH:

AMRAP Ramping



E4MOM: 4-5 Rounds

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



June 14th Audio



