



Warm Up: Chest Day!

- Band Rotator Cuff Warm Up
- Chest/Lat Foam Rolling
- Db S/A OH Mobility
- MB Tempo Presses
- S/A Db Chest Activation
- Warm Up Chest Press!



Buy In & Out:

- AMRAP Singles/DU

5 Min EMOM

- :30 On
- :30 Off

1:30 Transition

Metcon: 18 Mins

- 10 S/A Db Floor Press(ea)
 - @ 40%+
- 12 Db Floor Tricep Press
 - @ Max
- 4-10 Bench Over PU Burpees
- 12-16/16-20 Cals Rowed



TDb Decline Press:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

TDb Fly-Press:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max



June 17th

Audio

