



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



T S/A Db Lateral Raise:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea)
- @ Max

T Db Lying Rev Flys:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea)
- @ Max

AMRAP: R-O-T

- 100-150m Run
- 8 S/A Db Standing Press
- @ 40%+



TDb High Pull:

5 Sets w/ 1:00 TOR

- 5-8 Reps(ea)
- @ Max

Metcon: R-O-T

- :45 Run @ Pace
- 8 Db OH Step Ups(ttl)



June 20th

Audio

