



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



Running Warm Up:

5 Mins

- Negative &/or Skips

Class Metcon: 25 Min Cap

50 Reps/Per Member

- Chin Ups

First to → 20, 30, 40, 50, 60 Reps

= 2x100m @ Max w/ :30 TOR



Lifting Option

Buy In & Out:

- 30 Band Pulldowns

Giant Set(ish):

5 Set Cap w/ 1:30 TOR

8 Reps(ea) @ Max

- TDb Tricep Ext
- TDb Alt Curl(ea)
- TDb OH Ext
- TDb Hammer Curls

Metcon Option

Buy In & Out:

- 10-50 Tricep PU **UB**

AMRAP:

- 8 Db Hammer Curls
- 8 Db Tricep Ext w/ ^^
- 8 Core of Choice
- 8 Aerobic Cals



June 27th

Audio

