



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



Biking AMRAP:

- 5 Mins or 50 Cals
- 3:00 Rest
- Repeat



TL Press:

4 Sets w/ 1:00 TOR

- 8-12 Reps(ea)
- @ 30-40%

TS/A High Row:

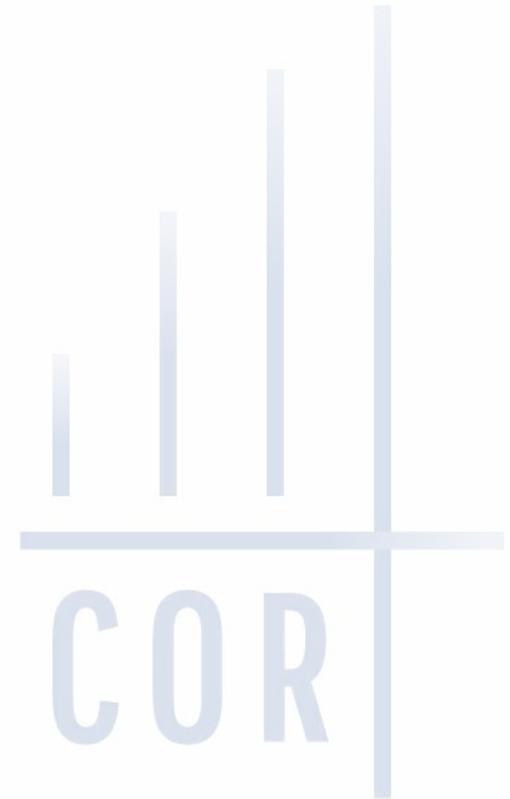
4-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea)
- @ Max

TS/A Lateral Raise:

4-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea)
- @ Max



EMOM: 5 Mins

- 10-20 Ball Tosses
- OR
- 10-20 Core Choice

