



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!



S/A Db Chest Press:

- 4x12(ea) @ 40%+

Alt Db Incline Press:

- 4x20(ttl) @ 30%+

After Each **Set**:

- 5-15 Push Ups **UB**
- 5-8/6-10 Cals Biked

T Db Pullovers:

- 4x10(ea) @ Max

T Db Decline Press:

- 4x10 @ Max

Bar Skill:

- 4x10-20 **UB**



