



Warm Up: **Back Day!**

- Band/Db Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



You go, I go!

Buy In & Out:

- 50 Pull Ups(ttl)

5 Rounds:

- 800m Ski'd
- 20 Ball G to S
- 20 Ben/Box Over BB
- Db Carry
 - 5 Shuttles(ea)



