



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



Db Seated Alt Press:

4-5 Sets w/ 1:30 TOR

- 10 Reps(ea) @ 40%+

TDb S/A Lateral Raise:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps(ea) @ Max

Db Alt High Row:

4-5 Sets w/ 1-1:30 TOR

- 10 Reps(ea) @ Max



E2MOM: 5 Rounds

- 5-8 Ball Clean to OH
- Show Control(2 Count)



Metcon: 10 Mins

- 150m Run/200m Row
- BW Bear Crawl
 - 2 Shuttles
- 4 Walkout Planks



