



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!



Deep/Depth Squat:

:30 Between Each

1. The Stretch
 - :45(ea)
2. DS Hold
 - 1:00
3. DS to Hammy Stretch
 - 2x:30



TDb Chest Press:

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

- 8-12 Reps @ 40%+

T Superset:

3-5 Sets w/ 1:30 TOR

- 8-10 Incline Press
- @ 30%+
- 5-15 Push Ups **UB**

TDb Fly-Press:

3-4 Sets w/ 1:30 TOR

- 10 Reps @ Max



E3MOM: 4 Rounds

- 14-34/18-42 Cals Rowed



