

Wednesday...6/28/17

## Description

\*\*\*\*\* QUICK ANNOUNCEMENT\*\*\*\*\*

**We will be CLOSED ALL DAY on Tuesday, July 4th!**

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### A. MWOD:

Crossover Activation Row, 8 reps (2 sec hold at end range)  
Crossover Activation Reverse Fly, 8 reps (2 sec hold at end range)  
Crossover Activation Pull Down, 8 reps (2 sec hold at end range)  
Pec lax ball smash

### B. Weightlifting:

Bench Press  
5 x 3 @80% 1RM

### C. WOD:

10 min AMRAP with a partner (One person moving, one person holding static pose, then switch):  
A. One Partner does **Down and Back KB Front Rack Hold** while other does **Push Up Plank Hold**  
B. One Partner does **Down and Back KB Waiter/Farmer Combo Carry** while other does **Hollow Hold**

### D. Post-WOD Recovery:

Crossover Recovery Row, 10 reps, 6 sec negative  
Crossover Recovery Reverse Fly, 10 reps, 6 sec negative  
Crossover Recovery Pull Down, 10 reps, 6 sec negative  
Pec/ Scapula lax ball smash

### Date Created

06/27/2017