



H2F Grab n Go Day- MS Focus- Upper body

Attribute	Exercise	Sets	Reps	RIR	Load
	Dynamic Warmup				
MS	A.1 Incline Bench Press w/ 4 sec ECC	4	8		
MS	B.1 Pendlay Row	4	10 e		
MS	B.2 TRX SA Pushup	4	8e		
MS	C.1 Banded Lateral raise	3	10		
MS	C.2 Banded Lateral compression	3	10		
ME	D.1 KB Alternating Floor press	3	12e		
ME	D.2 KB Alternating Row	3	12e		
MS	E.1 Trapbar Shrugs	3	10		
MS	E.2 Trap bar farmer carry	3	3 blocks		
ME	F.1 Banded Paloff press	3	14e		
ME	F.2 Hollow man hold	3	14e		