

BENCHMODE

WOD #1

**WARM UP: FOAM ROLL, STRETCH,
MUSCLE ACTIVATION**

**EMPTY BAR BENCH 3X10, BODY ROWS 3X10,
PLANK 3X30 SEC**

**MAIN WORKOUT:
BENCH PRESS 7,7,5,5,3,3**

CABLE CHEST PRESS 10,10,12,12,15

DB SHOULDER PRESS 4X8

BARBELL BENT OVER ROW 4X12

CABLE TRICEPS PRESS DOWNS 3X15

CLOSE-GRIP PUSH UPS 3X10

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