

MARCH MADNESS

WOD #1

PRE-GAME: FOAM ROLL, STRETCH, MUSCLE ACTIVATION

**TIP OFF: 3X30 SEC PLANK, BACK EXTENSION, BODY ROWS,
BATTLE ROPE, DB LATERAL RAISES**

1ST HALF:

BENCH PRESS 8,6,4,8

BACK SQUAT 8,6,4,8

2ND HALF:

DB BICEPS CURLS 3X10

CABLE TRICEPS PRESS DOWN 3X10

DB REVERSE LUNGES 3X10

OVERTIME: 20 SPARTAN RAM BURPEES

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