

SQUATOBER

WOD #12

WARM UP: FOAM ROLL, STRETCH,
MUSCLE ACTIVATION

CIRCUIT: 2X30 SEC

AB MAT, BACK EXTENSION, BAND WALK,
BATTLE ROPE, SQUAT JUMP

MAIN WORKOUT:

BACK SQUAT 3X3, 3, 3, 3, 4

BENCH PRESS 3X3, 3, 3, 3, 4

BODY ROWS 3X13

DB LATERAL RAISE 3X13

BARBELL BICEPS CURLS 3X13

CABLE TRICEP PRESS DOWN 3X13

@ROCKCITYFITNESS