

AMERICAN MUSCLE

WOD #1

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

MAIN WORKOUT:

MB SIT UP 50 REPS

BENCH PRESS 5X5

LAT PULL DOWN 5X5

BACK SQUAT 5X5

DB LATERAL RAISES 5X10

CABLE TRICEPS PRESS DOWN 5X10

BURPEES 25 REPS



**250
REPS!**

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