



BENCHUARY



WOD #1

WARM UP: FOAM ROLL, STRETCH, MUSCLE ACTIVATION

CIRCUIT: 3X30 SEC AB MAT, BACK EXTENSION, BAND REVERSE FLYS, BATTLE ROPE, GOBLET SQUATS

MAIN WORKOUT:

BENCH PRESS 5X5

CLOSE-GRIP BENCH PRESS 5, 3, 1, 1, 1

TRX TRICEPS 6X20

PULL UPS 3X6

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