

Eight is Enough

WOD #1

Warm up: foam roll, stretch, activate

Core:

Ab roll out 5x10

Back extension 5x10

Single leg MB throw 5x5 each

Box jump down 5x5

Strength:

Bench press 5x10

DB single arm row 5x10

Sled push 5x20 meters

Sandbag single arm carry 5x20 meters

Metabolic:

Jump rope 8x20 seconds

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