

Knapp's Donuts



Lifting Team

WOD #1

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

**1) 3X30 SEC: MB SIT UPS, SANDBAG CLEANS,
HR PUSH UPS, JUMP ROPE**

2) BENCH PRESS, CHIN UPS 3X8

**3) SLED PUSH 3X20 METERS
DB FARMERS WALK 3X20 METERS
RUN 3X200 METERS**

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