

MUST BE 21

WOD #1

WARM UP

FOAM ROLL, STRETCH, MUSCLE ACTIVATION

CORE

AB MAT 3X15

PLANK 3X30 SEC

BACK EXTENSION 3X15

BALL BRIDGE 3X15

21 DOWN

CABLE CHEST PRESS 21,18,15,12,9,6,3

BODY ROWS 21,18,15,12,9,6,3

REVERSE LUNGES 12,12,12,12,9,6,3

DISCO ARMS

BATTLE ROPE 3X30 SEC

BARBELL BICEPS CURLS 3X12

TRX TRICEPS EXTENSIONS 3X12

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