

SQUATOBER

WOD #1

WARM UP: FOAM ROLL, STRETCH, ACTIVATION

**CIRCUIT: 3X30 SEC AB MAT, BACK EXTENSION,
BAND WALK, BATTLE ROPE, SQUAT JUMPS**

BACK SQUAT 4,6,8,6,4

DEADLIFT 4X4

CHIN UPS 4X4

DB RDL'S 4X5

DB SINGLE ARM ROW 4X5

BARBELL BICEPS CURLS 4X15

DB LATERAL RAISES 4X15

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