

BACK IN BLACK

WOD #1

WARM UP: FOAM ROLL, STRETCH, MUSCLE ACTIVATION

CIRCUIT: 3X30 SEC PLANK, DB DEADLIFT, BALL BRIDGE,
BATTLE ROPE, DB LATERAL RAISES

MAIN WORKOUT:

LAT PULL DOWN 3X8

BACK SQUAT 3X8

DB SINGLE ARM ROW 3X10

CABLE CHEST PRESS 3X10

DB REVERSE LUNGES 3X10

BARBELL CURLS 3X10

TRX TRICEPS 3X10

ENDLESS ROPE 3X30 SEC

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