

Carburizer

WOD #1

WARM UP: FOAM ROLL, STRETCH,
MUSCLE ACTIVATION

CIRCUIT: 3X30 SEC
PLANK, KB SWING, BAND WALK,
LAT PULL DOWN, DB LATERAL RAISE

CONDITIONING: SUICIDES X 3 SETS

STRENGTH:
BENCH PRESS 3X5
BARBELL SQUATS 3X5

FINISHER: 30 BURPEES

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