

DEKA STRONG

WOD #1

WARM UP: FOAM ROLL, STRETCH, MUSCLE ACTIVATION



CIRCUIT: 3X30 SEC PLANK, BACK EXTENSIONS, BALL BRIDGE,
BODY ROWS, DB FRONT RAISE



MAIN WORKOUT:

RAM ALTERNATING LUNGES 3X10

ROWER 3X200 METERS

BOX STEP OVER 3X14

RAM BURPEES 4X5

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