

DEADCEMBER

WOD #1

WARM UP: FOAM ROLL, STRETCH, MUSCLE ACTIVATION

CIRCUIT: 2X30 SEC

AB MAT, BAND WALK, BODY ROWS, BATTLE ROPE, DB SQUAT JUMPS

MAIN WORKOUT:

DEADLIFT 4X10

FRONT SQUAT 6, 8, 10

DB RDL 3X10

DB REVERSE LUNGES 3X8

AB ROLL OUT 3X8

BACK EXTENSION 3X10

GOBLET SQUATS 3X10

JUMP ROPE 3X50

@ ROCKCITYFITNESS