

DEKA FIRE

WOD #1

WARM UP: FOAM ROLL, STRETCH, MUSCLE ACTIVATION

CIRCUIT: 3X30 SEC

PLANK, BACK EXTENSIONS, BALL BRIDGE, BODY ROWS,
DB FRONT RAISE

CONDITIONING:

ALTERNATING REVERSE LUNGES X 30

HAND RELEASE PUSH UPS X 20

SIT UPS X 30

SQUAT JUMPS X 20

BEAR CRAWL (FORWARD AND BACKWARDS) X 50 METERS

STRENGTH:

BENCH PRESS 3X3

BARBELL SQUATS 3X3

@ROCKCITYFITNESS