

KNAPP'S DONUTS



LIFTING TEAM

WOD #1

WARM UP: FOAM ROLL. STRETCH.
MUSCLE ACTIVATION

1) 3X30 SEC: MR SIT UPS. SANDBAG CLEANS.
HR PUSH UPS. JUMP ROPE

2) BENCH PRESS. CHIN UPS 3X8

3) SLED PUSH 3X20 METERS
DB FARMERS WALK 3X20 METERS
RUN 3X200 METERS

ROCKCITYFITNESS