

# **SPARTAN INVASION**

## **WOD #1**

**WARM UP: FOAM ROLL, STRETCH, ACTIVATE**

**2 ROUNDS: 200 METER HEAVY CARRY, 5 RAM BURPEES, 30 SEC DEAD HANG, 40 MOUNTAIN CLIMBERS, 5 BOX JUMPS**

**BACK SQUATS 3X5  
HEAVY JUMP ROPE 3X20**

**SLED PUSH 3X20 METERS  
HERC HOIST 3X2**

**DB INCLINE PRESS 3X8  
TIRE FLIPS 3X5**

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