

WINGS AND THIGHS

WOD #2

WARM UP: FOAM ROLL, STRETCH, MUSCLE ACTIVATION

CIRCUIT: 3X30 SEC KNEE TUCKS, BACK EXTENSION,
BAND WALK, BATTLE ROPE, MB OVER THE SHOULDER

BARBELL ROW 3X8

BENCH PRESS 3X8

BODY ROWS 3X10

DB CHEST PRESS 3X10

KB GOBLET SQUATS 3X10

DB BICEPS CURLS 3X10

CABLE TRICEPS PRESS DOWNS 3X10

SLED PULL 3X20 METERS

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