

IRON DEFICIENCY

WOD #1

WARM UP: FOAM ROLL, STRETCH, MUSCLE ACTIVATION

CIRCUIT 2X30 SEC:

AB MAT, BAND WALK, TRX PUSH UPS, LAT PULL DOWN,
LUNGE JUMPS

MAIN WORKOUT:

BENCH PRESS WITH CHAINS 10,10,8,8

DB LATERAL RAISE 3X8

CABLE SINGLE ARM ROW 3X8

SLED PUSH 3X20 METERS

KB FLOW (10 ROUNDS):

2 PUSH UPS

2 ROWS (1 EACH ARM)

2 SWINGS

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