



Strong

Foundation 1

WOD Sample

Segment 1 - Preparation

Foam Roll, Stretch, Strengthen

Segment 2 - Core and Balance

Plank	4 x 30 sec
SB Straight Leg Bridge	4 x 15
Single Leg Squat	4 x 10
DB Squat to Shoulder Press	4 x 15

Segment 3 - Strength

SB DB Chest Press	4 x 12
TRX Row	4 x 12
DB Scaption	4 x 12
DB Bicep Curl	4 x 12
SB DB Tricep Kickback	4 x 12
BOSU Squat	4 x 12