



Strong

Foundation 2

WOD Sample

Segment 1 - Preparation

Foam Roll, Stretch, Strengthen

Segment 2 - Core and Balance

SB Crunch	3 x 15
Plank	3 x 30 sec
DB Dead Lift	3 x 15
SB Bridge	3 x 15

Segment 3 - Strength

DB Chest Press	3 x 10
SB Push Up	3 x 10
Cable Lat Pull Down	3 x 10
TRX Row	3 x 10
DB Bicep Curl	3 x 10
Cable Tricep Press Down	3 x 10
DB Squat	3 x 10
Reverse Lunge	3 x 10