



FAST WOD Sample

Segment 1 - Preparation

Foam Roll, Stretch, Activate

Segment 2 - Core, Power and Reactive

MB slams	3 x 15
Hex bar dead lifts	3 x 15
Lunge jumps	3 x 10

Segment 3 - Speed, Agility and Quickness

Agility ladder drills

Segment 4 - Conditioning

5 rounds for time:

Band rows	60 reps
Push ups	40 reps
KB swings	20 reps