



## **FAST-Fit**

### **WOD Sample**

#### **Segment 1 - Preparation**

Foam Roll, Stretch, Strengthen

#### **Segment 2 - Core, Power and Reactive**

MB Slam	3 x 15
Barbell Dead Lift	3 x 15
Lunge Jump	3 x 10

#### **Segment 3 - Speed, Agility and Quickness**

Options: Ladder Drills, Hurdle Drills, Jump Rope, Heavy Rope, Ring Drills, Cone Drills, Step Drills

#### **Segment 4 - Conditioning**

5 rounds for time:

Band Row	60 reps
Push Up	40 reps
KB Swing	20 reps

