



**Strong**

**Peak 1**

**WOD Sample**

**Segment 1 - Preparation**

Foam Roll, Stretch, Strengthen

**Segment 2 - Core and Balance**

MB Sit Up	4 x 15
MB Jam	4 x 10
Barbell Dead Lift	4 x 15
KB Swing	4 x 20

**Segment 3 - Strength**

DB Incline Chest Press	4 x 5
DB Single Arm Jerk Press	4 x 10
Cable Bent-Over Row	4 x 5
MB Slam	4 x 10

Barbell Curl	4 x 10
TRX Triceps Extension	4 x 10
DB Lateral Lunge	4 x 5
Lateral Lunge Jump	4 x 10