



Rockit Workout

R1

WOD Sample

Segment 1 - Preparation

Foam Roll, Stretch, Strengthen, Agility

Segment 2 - Circuit

2 rounds

Sit Up	10 reps
SB Crunch	20 reps
DB Kickback	30 reps
Push Up	40 reps
Squat	50 reps
Lunge	60 reps
Jump Rope	70 reps
KB Swing	60 reps
MB Slam	50 reps
Body Row	40 reps
DB Bicep Curl	30 reps
SB Bridge	20 reps
DB Dead Lift	10 reps

Segment 3 - Cool Down

Static Stretching