



ROCK CITY FITNESS WORKOUT COMPONENTS

- 1) Warm up
 - a. Foam roll
 - b. Stretch
 - c. Muscle activation
 - d. Dynamic movement
- 2) Core (abs, low back, hips), balance (body awareness), plyometric (muscle power) and agility (coordination) exercises
- 3) Main strength exercises
 - a. Pushing (chest, shoulders, triceps)
 - b. Pulling (back, biceps)
 - c. Squatting (legs)
 - d. Carrying (full body work capacity)
- 4) Metabolic exercise (rhythmic, continuous cardio type exercise such as jump rope, battle rope or kettlebell swings)