



**Rev
WOD Sample**

Segment 1 - Preparation

Foam Roll, Stretch, Activate

Segment 2 - Circuit

6 rounds:

Burpees	6 reps
Wall ball	12 reps
Push ups	18 reps
Heavy jump rope	24 reps
Body rows	18 reps
DB dead lifts	12 reps
Ball slams	6 reps

Segment 3 - Cool Down

Static Stretching