



**Strong**

**Strength 1**

**Sample WOD**

**Segment 1 - Preparation**

Foam Roll, Stretch, Strengthen

**Segment 2 - Core and Balance**

Sit Up with MB Reach	3 x 15
SB Crunch	3 x 15
1L Floor Bridge	3 x 10

**Segment 3 - Strength**

Bench Press	12-10-8
BOSU Push Up	12-10-8
SB DB Kick Back	12-10-8

DB 1A Row	12-10-8
SB Prone Shoulder Combo	12-10-8
Cable Curl	12-10-8

DB Split Squat	12-10-8
BOSU Squat	12-10-8
DB Squat to Curl	12-10-8