



**Strong**

**Strength 2**

**WOD Sample**

**Segment 1 - Preparation**

**Foam Roll, Stretch, Strengthen**

**Segment 2 - Core and Balance**

<b>SB Crunch</b>	<b>4 x 15</b>
<b>SB 1L Bridge</b>	<b>4 x 10</b>
<b>BOSU Squat</b>	<b>4 x 15</b>
<b>Cable Squat to Row</b>	<b>4 x 15</b>

**Segment 3 - Strength**

<b>Push Up</b>	<b>21-18-15-12-9-6-3</b>
<b>Lat Pull Down</b>	<b>21-18-15-12-9-6-3</b>
<b>Barbell Squat</b>	<b>21-18-15-12-9-6-3</b>

<b>DB Shoulder Press</b>	<b>4 x 10</b>
<b>DB Curl</b>	<b>4 x 10</b>
<b>Cable Tricep Press Down</b>	<b>4 x 10</b>