



Spartan WOD Sample

Segment 1 - Preparation

Foam Roll, Stretch, Activate

Segment 2 - Core, Power and Reactive

Ab wheel	3 x 10
Sandbag cleans	3 x 10
Box jumps	3 x 10

Segment 3 - Conditioning

4 rounds:

Twister	1 rep
Tire flips	10 reps
Bucket brigade	down and back
Sled push	down and back
8' wall	1 rep
Rope climb	1 rep