



Strong WOD Sample

Segment 1 - Preparation

Foam Roll, Stretch, Activate

Segment 2 - Core and Balance

Ab mat crunches	3 x 15
Plank	3 x 30 sec
DB dead lifts	3 x 15
SB bridges	3 x 15

Segment 3 - Strength

DB chest press	3 x 10-12
SB push ups	3 x 10-12
Cable Lat pull down	3 x 10-12
TRX rows	3 x 10-12
DB curls	3 x 10-12
Cable triceps press downs	3 x 10-12
KB squats	3 x 10-12
Reverse lunges	3 x 10-12