

WOD 10/05/2020

I Fitness So Hard Monday

Block 1- AMRoundsAP in 56 minutes -Total Body Circuit
Training- 15 reps/:60 break in between exercises

Barbell/ DB Deadlift /BOR Combo

SB PJK

Barbell/DB Front Squats

SB Russian Twist

SB Hamstring Curl

SL/SA DB Glute Bridge Chest Press ®

DB Glute Bridge Tricep Press/Pullover

SL/SA DB Glute Bridge Chest Press (L)

Alternating Renegade Row

:60 Swiss Ball Plank Hold

Exercise

Option

SA/SL Chest Press

Feet on Swiss Ball

Renegade Row

:30 Side Plank Twist (R/L)

SB Plank Hold

Knees/Feet on Ball