

WOD 10/07/2020

Don't Sweat the Small Stuff

Block 1- 4 Rounds of Station Training- Rounds 1 & 2- :45/:30/Rounds 3 & 4- :30/:30- 2:00 break in between exercises

DB/Barbell Overhead Bench Squat

: 30 DBL DB/ KB Swings

Alt Curtsey Lunge to DB Front Squat

: 30 Banded Plank Jacks

Squat Chops (2R/2L)

Banded Sumo Deadlift High Pull

Block 2- EMOM for 15 minutes -12 reps

S L Resistance Band Chest Press ®-Step on band w/ left leg & lift

Alternating Resistance Band Reverse Fly

S L Resistance Band Chest Press (L)-Step on band w/ right leg & lift

Resistance Band Tricep Extension w/Squat

Resistance Band Alternating Crush Grip Shoulder Press