

# WOD.SQD

07/04/2020

## Equipment needed:

- Resistance band (RB)

## Format:

- Beginner: 4 sets of 8 reps per set of exercise
- Intermediate: 5 sets of 10 reps per set of exercise
- Advanced: 6 sets of 12 reps per set of exercise
  
- FINISHER: The same for all abilities

## Targets:

- Beginners: 1 min rest between sets
- Intermediate: 45 secs rest between sets
- Advanced: 30 secs rest between sets

## Warm up:

Mobility work

## Workout:

Set 1:

- Squat Pulse & RB single arm shoulder press

Set 2:

- Lateral lunges & RB front raise

Set 3:

- RB squat rows & Press ups w/ knee tuck

Set 4:

- Seated RB row & Burpee

Set 5:

- Kneeling RB pallof press & Butterfly crunches

## FINISHER

-AMRAP (As Many Rounds as Possible) in 5 minutes:

- 15x Cross body mountain climbers (each leg)
- 10x alt. Rear lunges
- 5x Inchworm

## Cool down:

Mobility work

Remember team, it's you vs you!  
Push yourselves as hard as you can.  
Good luck & remember to tag us in your workouts.

Alex Ben Charlie

@WOD.SQD #partofthesquad