



WWW.WODPREP.COM

WPx STRENGTH SAMPLE PROGRAMMING

SIMPLE COACHING = BETTER COACHING





DAY ONE

A)

SQUAT
DOUBLES @ RPE 7

B)

STRICT PRESS
TRIPLES @ RPE 7

C)

PLATE PULLOVER
4 SETS OF 10 REPS @ RPE 6/7



DAY TWO

A)

BENCH
DOUBLES @ RPE 7

B)

ROW
TRIPLES @ RPE 7

C)

HEEL ELEVATED GOBLET SQUAT
4 SETS OF 10 REPS @ RPE 6/7



DAY THREE

A)

DEADLIFT
DOUBLES @ RPE 7

B)

SQUAT
TRIPLES @ RPE 7

C)

CLOSE GRIP BENCH
4 SETS OF 10 REPS @ RPE 6/7



GETTING STARTED



01

Sign up to WODprep's Online Training via [WODprep.com](https://www.wodprep.com)

02

You will receive an invite via your emails. Follow the instructions on the email.

03

Take the time to watch our onboarding video and explore the WOD UP app.

04

If you have any questions, contact support@wodprep.com and we'll be more than happy to help.





About WODprep



At WODprep, we know that CrossFit can seem intimidating, scary, and confusing.

It doesn't need to be this way.

With simple, fun, and caring training programs we help people fall in love with functional fitness and discover their inner-athlete.

This changes lives for the better, both physically and mentally.