# WPx ENGINE

# SAMPLE PROGRAMMING

SIMPLE COACHING = BETTER COACHING

WODPREP

# PROGRAM

## DAY ONE

EVERY 4:00
15/12 CALORIE ROW
12 BURPEES
9/7 CALORIE AIR BIKE

REST REMAINDER OF THE WINDOW

X8-10 SETS

GOAL IS A SIMILAR TIME EACH SET
WITH SUSTAINED EFFORT.

## DAY TWO

35-40 MINUTE AT A 70-80% EFFORT
800M RUN
1K AIRBIKE
500M ROW

FIND A SUSTAINABLE PACE FOR THE
ENTIRE SET.

GOAL IS TO RUN/BIKE/ROW AT THE
SAME PACE AND HAVE THE SAME
SPLITS FOR ALL ROUNDS AT A 70-80%
EFFORT.

## DAY THREE

3:00 WINDOW
15 BBJO
20 AIR SQUATS
MAX CALORIE AIRBIKE WITH
REMAINING TIME
REST 2:00

REPEAT X6-8 SETS

THE BIKE SHOULD BE THE ONLY
VARIABLE HERE. THE BBJO AND AIR
SQUATS SHOULD TAKE THE EXACT
SAME TIME FOR ALL ROUNDS. FIND A
REPEATABLE EFFORT ON THE BIKE FOR
ALL 6-8 ROUNDS.

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# GETTING STARTED



**01** Sign up to WODprep's Online Training via 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.

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# 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.