WPx PUMP

SAMPLE PROGRAMMING

SIMPLE COACHING = BETTER COACHING

WODPREP

PROGRAM

DAY ONE

4 SETS-
A1- NEUTRAL GRIP BENCH PRESS: X 8-10 REPS

A2- SINGLE ARM BENT OVER DUMBBELL ROWS: X 8-10 REPS/ARM

A3- CHEST FLYS: 8-10 REPS @ 2111 TEMPO
REST :30-1:00 BETWEEN EACH MOVEMENT

3 SETS-
B1- STANDING ARNOLD PRESS: X 8-10 REPS

B2- RENEGADE ROWS: 16 ALTERNATING REPS WITH A :01 PAUSE AT THE TOP OF EACH REP.

4 SETS-
C1- SINGLE-ARM TRAP 3 RAISE ON INCLINE BENCH: 8 REPS/ARM @ 3111 TEMPO

C2- DUAL DUMBBELL SIDE RAISES: 8-10 REPS

PROGRAM

DAY TWO

4 SETS-
A1- DUAL DB SKULL CRUSHERS: X 8-10 REPS

A2- CHIN UPS- AMRAP (-2)

A3- ARCHER RING ROW 10 ALTERNATING REPS @ 21X2
REST :30 BETWEEN EACH MOVEMENT

4 SETS-
B1- DUMBBELL BICEP CURLS: X 8-10

B2- TRICEP DUMBBELL KICKBACKS: X 8-10 REPS

B3- CUBAN ROTATIONS: X 8-10 REPS
REST :30 BETWEEN EACH MOVEMENT

PROGRAM

DAY THREE

4 SETS-
A1- PRONE DUMBBELL HAMSTRING CURL X 8-10 REPS

A2 - LATERAL RAISE X 8-10 REPS

A3 - FRONTAL RAISE X 8-10 REPS

4 SETS-
B1- KB CHOP AND LIFT: X 8-10 REPS (EACH SIDE)

B2- MEDICINE BALL RUSSIAN TWISTS: 12-15 REPS
(OVER AND BACK =1)

B3- SUMO STANCE GOOD MORNINGS: 8-10 REPS

FINISHER:
50-BANDED BICEP CURL
50-PRONE TRICEP EXTENSIONS
(CAN PARTITION BOTH AS YOU SEE FIT)

WODPREP

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.