



WWW.WODPREP.COM

WPx SHRED

SAMPLE PROGRAMMING

SIMPLE COACHING = BETTER COACHING



PROGRAM

DAY ONE

3 ROUNDS OF THE FOLLOWING:

30 ON/ :30 OFF FOR THE FOLLOWING
MOVEMENTS:

PLANK HOLD (AT LOW ELBOW PLANK)
RUSSIAN TWISTS:
TABATA HOLLOW BODY HOLD
MOUNTAIN CLIMBERS

AFTER COMPLETING MOUNTAIN
CLIMBERS AND REST, GO RIGHT BACK
INTO PLANK HOLD.

DAY TWO

4 SETS OF THE FOLLOWING:

15 WEIGHTED HIP EXTENSION, HOLDING
PLATE ACROSS THE CHEST
10 ALTERNATING BANDED DEADBUGS,
WITH 2-SECOND TEMPO BETWEEN REPS
8 TUCK CRUNCHES WITH FEET ON
ROWER

DAY THREE

:20 ON/:10 OFF
HOLLOW ROCKS
X6 SETS

+

7 MIN AMRAP:

20 PLANK WALKUPS
10 STRICT TOES TO BAR OR
HANGING KNEE RAISES
20 NO PUSH UP BURPEES
10/SIDE ROTATING MED BALL TOSS



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.

WODPREP.COM
