



**FUNCTIONAL FITNESS, NUTRITION & WELLNESS**

# AT HOME WOD: Firey 400 (AFAP)

- 1. Squat Jumps (50)**
- 2. Pushups (50)**
- 3. Total Body Extension (50)**
- 4. Mountain Climbers (30/30)**
- 5. Lunge Jumps (15/15)**
- 6. Soup Can Rear delt fly's (30)**
- 7. Close-Grip Pushups (30)**
- 8. One-Leg Hip Hinge Floor Touch (25/25)**
- 9. Plank to Triceps Extension (20)**
- 10. Floor T-Y Fly (20)**

## Finisher [Core] 2-3 Rounds

- 1. Forearm Plank Oblique: 10/10**
- 2. Side Plank: 15/15 secs**
- 3. Cobra Hold: 30 secs**

# COMPENSATION

(Hold 30-60 secs, Belly Breathe, Foam Roll)

Clasped Hand Forward Fold

Kneeling FWD Lunge with back/side bend

Pigeon

Camel / Floor Bow

Upward / Downward Dog

Spinal Stretch



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