

Fire Team Whiskey® .38 Cal WOD Exercise List

VIRES INTRINSECUS “Strength From Within”

.38 CAL WOD STRUCTURE

The .38 Caliber WODs consist of 10 exercises @ 30 seconds each with 5 second rest/transition in between each exercise. One Round totals 5 minutes. Each set of 10 exercises are completed 5 times. Total exercise time of 25 minutes. Complete a 1 minute and 30 second warm up and a 1 minute and 30 second cool down. The Participant determines how much time rest in between Rounds. We recommend no more than a 2-minute rest. You will notice that the 1st Week of WOD videos are 20 seconds work, 10 seconds transition/rest intervals. This is to help you get familiar with the exercise moves, as they are more complex than the exercise moves in the .22 Caliber Program. In the 2nd week, the WODs go to a 30 second work, 5 second rest/transition.

Warm Up

Arm swings open and close	Hip openers	Core rotations
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Exercises

<ol style="list-style-type: none"> 1. Criss cross squat 2. Side knee tuck right 3. Turned out push ups 4. Soccer kick high knee 5. Side tuck left 6. Sumo squat to plank 7. 180 degree jump squats 8. C sit open chest rotation 9. Frog pushups 10. Heisman punch 11. Gorilla hops 12. Low boat to high boat 13. Spider crawl push up 14. Low to high jump 15. Plank side kick 16. Donkey kicks 17. C-sit tuck extensions 18. Forearm plank to plank 19. Scissor jumps 20. Supine leg circles 21. Burpees 22. X toe touch 23. Side kick push up 24. Side lunge front lunge hops 25. Air angels right 	<ol style="list-style-type: none"> 26. Figure 4 sit pulse 27. 1 2 3s 28. Air angels left 29. Dive bomb 30. Scissor heel clicks 31. Punch jack x jack 32. Russian twist 33. Low bowlers 34. Tuck jumps 35. Down dog toe reach 36. Balance kicks 37. Plie hops 38. Genie tucks 39. Reverse table top to l-sit 40. Frog jump burpee 41. Diamond jumps 42. Plank hand step 43. Bridge step out 44. Plank hurdles 45. Pistol reach 46. Single leg bridge lift 47. Staggered push up 48. Side burpees 49. C-sit leg circles 50. Starter jumps
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Cool Down

Seated hamstring stretch	Childs pose	Deltoid stretch in child's pose
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