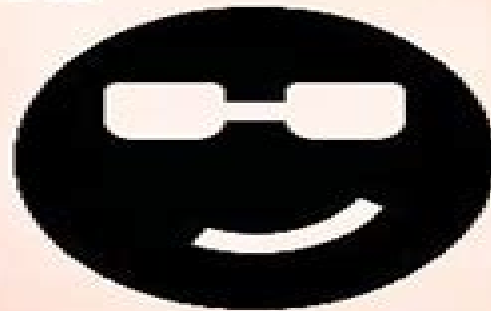


# **Firefighter** (TACWOD)

(Endurance/Ability)

Warm Up Stretch  
1 min plank



## **5 Rounds for Time**

- 30 yard Med Ball Dash
- 10 Med Ball Slams
- 10 Push Press with Dumbbells
- 10 Burpees
- 30 yard Med Ball Dash
- 10 Med Ball Sit-ups
- 10 Thrusters with Dumbbells
- 10 Push-ups

Cool Down Stretch

# XT

([Http://xtremetotality.webs.com](http://xtremetotality.webs.com))

# Xtreme Totality Tactical Wods Aggresively Tough Workouts For Action Heroes And Warriors

**P. Selter**



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