



Paul Roberts Head Coach and Personal Trainer at **Sand & Steel Fitness**

I am a personal trainer and head mobility coach at Sand and Steel. Weight loss, mobility, and strength training are major 3 practice areas. For mobility, I utilize MWOD, Gray Institute, and Gray Cook's FMS to diagnose sources of movement problems, and correct muscle imbalances. My training background is in CrossFit, Powerlifting, TRX, RKC Kettlebells, and Westside. For nutrition, I utilize Precision Nutrition's methodology and Whole 30 in my coaching. As an athlete, I enjoy soccer, martial arts, skiing, rock climbing, golf, and tennis.

Bodybuilding Fundamentals

WOD 200 - Glute and Core I

- 10 sets at 80% ORM Barbell Hip Thruster
 - 5 Reps with 30 seconds rest
- 6 sets at 80% ORM
 - 8 Reps Front Squat with 30 seconds rest.
- 5 Sets with 30 seconds rest
 - 60 second Sandbag low plank hold
- 5 Sets with 45 seconds rest
 - 20 Incline Bench Situps

WOD 201 - Chest and Back I

- 10 sets at 80% ORM Bench Press
 - 5 Reps with 30 seconds rest
- 6 sets at 80% ORM
 - 12 Reps Seated Row with 45 seconds rest.
- 5 sets
 - 12 Swiss Ball Chest Fly
 - 20 Cybex Real Deltoid Fly

50 Burpees for time.

WOD 202 - Arms and Shoulders I

- 10 sets 1:30 Minute per Round: 3 Strict Press; 3 Push Press 3 Shoulders to overhead.
- 5 sets x 10 reps (45 seconds rest) Sandball Cleans
- Superset 3 sets
 - 10 Barbell Curls
 - 10 Triangle Tricep Pushdown
- Surge 3 Rounds
 - 30 Overhead hold Step ups
 - 40 Canoe Paddles

WOD 203 - Glute and Core II

- 10 sets at 80% ORM Sumo Deadlift
 - 5 Reps Sumo Deadlift with 30 seconds rest
- 3 Rounds 15:00
 - 100 44/70# KB Swings 3:00 Minutes
 - 5 Laps Sled Push
- 10 Minutes to do:
 - 200 Russian Twists with Mace
 - 4 Heavy dual Russian KB Cleans every minute

WOD 204 - Chest and Back II

- Barbell deadlifts:
 - 10 at 60% ORM
 - 8 at 70% ORM
 - 6 at 80% ORM
 - 3, 3, 3 at 90% ORM
 - 25 at 75% ORM
- 8 Rounds: 45:15 Rower Sprints.
- 100 Kettle Bell Cleans

WOD 205 - Arms and Shoulders II

- 30 Barbell Clean and Press for time.
- 6 Rounds Not Rest
 - 12 Cybex Cable Bar Pulldowns
 - 6L/6R Heavy one hand kettle bell clean and press
- 5 sets x 10 reps (45 seconds rest) Sandball Cleans
- Superset 3 sets
 - 10 Barbell Curls
 - 10 Triangle Tricep Pushdown
- Surge 3 Rounds
 - 30 Overhead hold Step ups
 - 40 Canoe Paddles