

WOD 16/5/16

Mon

Strength

4-5 Sets
Box Squats x 5
DB Weighted Step Ups x 5es

Rev Crunch x 45s
ss
L-Sit Pulses x 45s

WOD

4 Time
50 Cals
50 Wall Balls
50 Doubles

Tue

Strength

15-20mins
Head/Hand Balancing x max
Wall Walk x 3
or Shoulder Taps x 6es
Custom Gymnas Goals
Tabata 12 Rounds
Hollow - Arch

WOD

Teams of 3
Shuttle Run to 10m
10 Air Squats
Shuttle Run to Start

0-4-0-6-0-10

Wed

May Comp

May Comp

Thu

Strength

4-5 Sets
Power Pos Cleans x 3
Knee Jumps x 3
Inverted Row x 8
Split Jerk Tech x 12
*bar/dowel only

WOD

9min AMRAP
3 Hang Cleans @ 70/45
6 Pull Ups
18 UB KBS @ 24/16

Fri

Strength

4-5 Sets
Bench Press x 5
3 pos Band Pull Aparts x 8ep
Band Tri Press Downs x 25
Hollow to V-ups x 8-12

WOD

Partner 16 Rounds
8 x Push Press @ 40/25
8 x Burpees