

WOD 9/5/16

Mon

Strength

4-5 Sets
Box Squats x 8
3pos Pull Aparts x 12ep
Russian Twists x 30s
Side Plank x 30s es

WOD

5 Rounds
50 Doubles/20 burpees
10 Pull Ups
3 Front Squats @ 80/50

Tue

Strength

18min EMOM
min1- HSPUs/Push Ups
min2- Str Pull Ups/RR
min3- max Sit Ups

min 1&2 pick your own
number

WOD

Partner 10 Rounds
30m Run
10 Burpees
20m Run
10 Pistols Alternate
10m Run

L1- 20m OH Plate Lunges

Wed

Strength

4-5 Sets
Stiff Leg DL x 8
Banded RDLs x 20
Dips/Push Ups x 8
add MU trans if able

WOD

12min AMRAP
15 KBS @ 24/16
12 Push Ups
9 Box Jumps @ 20"

Thu

Strength

4-5 Sets
Snatches x 2
Knee Jumps x 4
Pull Ups x 8

WOD

5 Rounds
9 Snatches @ 40/25
9 Toes 2 Bar

Fri

Strength

4-5 Sets
Bench x 8
Bent over row x 8
V-Ups x 60s
Plank x 60s

WOD

Teams of 3
5 Rounds each
200/160m Row
8 Thrusters @ 42.5/30
8 Bar Hop Burpees

P2 starts after thrusters