

WOD 27/6/16

Mon

Strength

4-5 Sets
Pause Back Squat x 5
Glute Brides x 10
Dead Bugs x 60s
*alt Legs & arms if too ease

WOD

Karen

Tue

Strength

EMOM 12mins
1 - Str Toe 2 Bar
2 - Str HSPUs
3 - Plank 45s

WOD

12min Time Cap
10-9-8-7-6-5-4-3-2-1
HSPUs
Toes 2 Bar
15 Sit Ups Between

Wed

Strength

10-9-8-7-6-5-4-3-2-1
T&G Dead Lifts
*Pick one Weight

Tabata 12 Rounds
Hollow - Arch

WOD

4 time
Row 1000/800m
100 Double Unders
50 KBS @ 24/16kg
50 Jumping Pull Ups

L1 - singles + 10 burpees
L2 - singles + 5 burpees

Thu

Strength

Sets 1-3
Power Snatch x 3
Drop Snatch x 3
Sets 4-6
Squat Snatch x 3

Pull Ups x 6-10

WOD

12 Rounds Partner
6 Hang Snatch @ 50/30
9 HSPUs
12 Toes2Bar

L1
6 H Snatch @ 40/25
9 Push Ups
24 Sit Ups

Fri

Strength

4-5 Sets
Strict Press x 8
SA KB Row x 8es
Jammer Rotations x 8es

21s Curls

WOD

12min Partner WOD
50 Thrusters @ 40/25
50 HR Push Ups
50 Box Jumps
50 KBS @ 24/16

*1 burpee when tag in