

WOD 11/7/16

Mon

Strength/Skill

Build To 1-3 Rep
Max Front Squat

Accessory (45s Rest)

3 Sets
Weighted Lunges x 10 es
Nordic Curls x 8
Ab roll outs x 12

WOD

8min AMRAP
2 Man Makers
4 Pull ups
6 Burpees
8 KBS @24/16
10 wall balls @9/6kg

L1- No push up man maker
2/1 Jumping Pull Ups
16/12kg

Tue

Strength/Skill

Tabata 12 rounds
Hollow&Arch

Accessory (45s Rest)

Max Strict Pull Ups #test

WOD

30min EMOM
Min 1 Row x 12/10 Cals
Min 2 T2B x 10
Min 3 Sq Clean @60/45 x 8
Min 4 Burpees x 10
Min 5 HSPUs x 8
Min 6 Sit ups x 15

L1- 2 less reps
L2 - K90,Pcleans,Push ups

Wed

Strength/Skill

Sumo Deadlift x 5

Accessory (45s Rest)

3 sets
Good Morning x 8
1 Leg Hip Bridge x 10es
Finisher
Banded RDL X 100reps x 1

WOD

3 Rounds for Time
KB/DB Snatch x 12
Double Under x 30
Pull ups x 9
Double Under x 30
Pistols x 6

L1-KBS x 24, Singles x 60

Thu

Strength/Skill

1 Snatch Deadlift
1 Snatch Pull
1 Snatch (Power/Squat)@75%

Accessory (45s Rest)

3 sets
DB single arm OHS x 10
Band Str Arm Pull Down x 20
Weighted I&Ts x 10

WOD

Partner for time
Cleans x 60 @ 50/35kg
Air Squats x 60
Sit ups x 60
Thruster x 60 @ 50/35kg
Burpees x 60

L1 - 40/25

Fri

Strength/Skill

Bench Press 1-3 Rep Max

Accessory (45s Rest)

3 sets
Bent over row x 10
Dips x 8
Bicep curls x 10

WOD

15.3
Max Rounds in 14mins
Muscle Ups x 7
Wall balls x 50
Double Under x 100

R1- C2B
L1- Band pull ups,
Singles + 10 Burpees
L2 - 30 wall ball