

WOD 18/7/16

Mon

Strength/Skill

3 Sets
7 Front Squats
14 Back Squats

Accessory

3 Sets (as rest above)
Bench Pulls x 8
DB rev flys x 8
Side Planks x 45s

WOD

Teams of 3
Row 200 Cals
Run 2000m

*only one person works

Tue

Strength/Skill

3 Sets
Pull Up Progressions (0-5)
Weighted Pull Ups x 5(5+)

Accessory

3 Sets Partner (w above)
Feet Raises Hollow x 45s
HandStand Holds/Walks

WOD

Cindy or Mary(Adv)

Wed

Strength/Skill

DeadLift x 5

Accessory

3 Sets
Back Ext x 8
Banded Nordics x 8

WOD

10 Rounds
10 KBS @ 24/16
10 Box Jumps @ 20"

Thu

Strength/Skill

Heavy Clean Pulls x 3
Rest 1min
Light Sq Clean & Jerk x 3

Accessory

3 Sets
Inverted Rows x 8
Foot Elevated Lunge x 8es
Russian Twist x 20

WOD

5 Sets (Top 3 count)
3 DeadLift
2 Hang Cleans
1 Push Press
5 Front Squats

Fri

Strength/Skill

Press x 5

Accessory

4-5 Sets
Bicep Curls x 10
Dips x 10
Tempo Sit Ups x 10

WOD

Partner
14 Rounds
10 Pull Ups/Ring Rows
10 Push Press @ 40/25

*no bands on pull ups
Partner assisted