

WOD 4/7/16

Mon

Strength

Build Up to 3 rm Back Sq
Then 3 Sets
Set Ups x 10
Hamstring Roll Outs x 10
Plank 1min

WOD

16 Round Partner
4 Power Cleans @ 60/45
8 Bar Hop Burpees

L1 - 50/30

Tue

Strength

EMOM 12min
3MUs/5 Str Pull Up/10RR
10 Pistols/Weight Lunges
10 Dips/Push Ups

Tabata
Weighted Sit Ups

WOD

6-12-18-12-6
HSPUs
Box Jumps
OH Plate Lunge @ 20/10

L1 - Push Ups

Wed

Strength

12 Sets
Banded DL x 2 @ 50%
Then 3 Sets
SL RDLs x 10es
Hip Raises w Bar x 10
AB Roll outs x 10

WOD

21-15-9
Goblet Squats @ 24/16
Pull Ups
KBS @ 24/16

L1 - Banded, 16/12

Thu

Strength

Complex build heavy
1 High Hang Clean
1 Hang Above Knee
1 Hang Below Knee

Turkish Get Ups x 6es

WOD

15min AMRAP
3 Clean & Jerks @ 80/55
6 T2B
EMOM 5 Burpees
*Start where finished

L1- 60/45, K>90

Fri

Strength

Build 2 Heavy Push Press
Then 3 Sets
Rev Flys x 10
Tricep pull downs x 30
Bicep 21s
Alt Dead Bugs x 20

WOD

Annie