

WOD 8/8/16

Mon

Strength/Skill

EMOM 8mins
Front Squat x 4
From Ground

Accessory

3 Sets
Rower Split Squats x 12es
Tempo Sit Ups x 12
Max Hollow Hold

WOD

Teams of 3 (4 rounds each)
Row 250/200
20 UB Wall Balls

Tue

Strength/Skill

Str Pull Ups Test
3-5 Sets
Head-Hand Stand 30sec Hold

Accessory

3-5 Sets
Power Muscle Snatch x 2

WOD

5 Rounds
10 Toes 2 Bar
10 Snatch @ 40/25
10 Bar Hop Burpees

Wed

Strength/Skill

4-5 Sets
Banded Sumo DeadLift x 5

Accessory

3 Sets
Nordics x 6
Jefferson Curls x 6

WOD

12min Partner AMRAP
3 Pull Ups
6 KBS @ 24/16kg
3 Box Jumps Overs

L1 - 6 Jumping Pull Ups

Thu

Strength/Skill

4-5 Sets
1 x Squat Cleans
2 x Hang Squat Clean
1 x Jerk

Accessory

Tabata
No Reach Sit Ups

WOD

4mins
Max Thrusters @ 50/30
Rest 2mins
3mins
Max C & J @ 50/30
Rest 1mins
2mins
Max Bar Hop Burpees

Fri

Strength/Skill

4-5 Sets
Seated Shoulder Press x 5

Accessory

4-5 Sets
Arnie Press x 8
Angled Ab Roll Outs x 12
Opt Curls

WOD

5 Rounds
20 Double Unders
15 Squats
10 Push Ups