

# WOD 29/8/16

**Mon**

## Strength/Skill

4-5 Sets  
Sumo Squats x 6

## Accessory

4-5 Sets  
Bent Over Row x 8  
I & Ts x 12 each  
Ab Roll Outs x 12

## WOD

30-20-10  
UB Thrusters @ 20/15  
Burpee Bar Hops

\*if bar touches floor  
Do 15 Sit Ups

**Tue**

## Strength/Skill

10min EMOM  
HSPUs x 5/ 10 Push Ups  
Pistols x 5 el  
alt mins

## Accessory

3 Sets  
Bar/Ring MU Practice 6reps  
or Dips & Pull Ups Prog  
Tabata 12 Rounds  
Hollow & Arch

## WOD

Annie

**Wed**

## Filthy150 Qualifier 1

A  
6 min Time Cap  
15 Wall Balls @ 9/6kg  
15 Cal Row

12 Wall Balls @ 9/6kg  
12 Cal Row  
9 Wall Balls @ 9/6kg  
9 Cal Row

B

4min Time Cap  
12 Thrusters @ 42.5/30kg  
12 Pull Ups  
9 Thrusters @ 42.5/30kg  
9 Pull Ups  
6 Thrusters @ 42.5/30kg  
6 Pull Ups

C

5min Time Cap  
9 Thrusters @ 50/35kg  
9 Chest 2 Bar  
6 Thrusters @ 60/42.5kg  
6 Bar Muscle Ups  
3 Thrusters @ 70/47kg  
3 Ring Muscle Ups

**Thu**

## Strength/Skill

4-5 Sets  
Power Clean Pulls x 3  
\*Heavy

## Accessory

4-5 Sets  
Drop Squats x 8 (no weight)  
Strict T2B x 8

## WOD

10-9-8-7-6-5-4-3-2-1  
Hang Cleans @ 50/30  
Pull Ups

\*if you drop bar 5 Burpees

L1 - 40/25, Banded

**Fri**

## Strength/Skill

4-5 Sets  
1 Push Press  
1 Push Jerk  
1 Split Jerk

## Accessory (45s Rest)

3 sets  
Plank Complex 45s each  
Front-side-side  
Dips/Push Ups x 8-12

## WOD

Partner Any Order  
21\*-15\*-9\*  
Thrusters @ 40/25  
Partner Bar Hop Burpees  
(jump bar at same time)  
50 Doubles at \*  
(Doubles can be shared)