

WOD 5/9/16

Mon

Strength

4-5 sets
Heel Raised Squats x 8

Accessory

3 Sets
Banded Crab Walk x 10m es
Partner MedBall Sit Ups x 20
Partner Tuck Hollow 30-60s

WOD

25-20-15-10-5
UB Wall Balls @ 9/6kg
UB Doubles

L1 - Not UB

if no doubles, every 5 make
attempt, 1 burpee if miss

Tue

Strength

3-5 Sets
Jerk Tech x 5

Accessory

20mins
Practice Weakness From
Tomorrow
Partner Tuck Hollow 30-60s

WOD

Partner 1 work:1 rest
Row 2000/1800m each
Run 2000m each

*must be done in min 100m
equals 10x10m shuttles

Wed

Filthy 150 Q2

16min Time Cap
10 Clean & Jerks @ 40/25kg
7 Burpees Bar Hops
9 Clean & Jerks @ 45/30kg
7 Burpees Bar Hops
8 Clean & Jerks @ 50/35kg
7 Box Jumps @ 20"
7 Clean & Jerks @ 55/40kg
7 Box Jumps @ 20"
6 Clean & Jerks @ 60/42.5kg
7 Toes 2 Bar
5 Clean & Jerks @ 65/45kg
7 Toes 2 Bar
4 Clean & Jerks @ 70/47kg
7 HSPUs
3 Clean & Jerks @ 75/50kg
7 HSPUs
2 Clean & Jerks @ 80/52kg
7 Chest 2 Bar
1 Clean & Jerks @ 85/55kg
7 Chest 2 Bar
AMRAP
1 Clean & Jerk @ 90/60kg
1 Muscle Up (Bar or Ring)

Thu

Strength

4-5 sets
RDLs x 8

Accessory

4-5 sets
Nordic Hams banded x 6
Glute Bridges x 8
Jefferson Curls x 4

WOD

12min AMRAP
KBS @ 24/16kg
Box Jumps @ 20"
5 burpees after box jumps

*KBS = Box Jumps
Once you drop start Box J

Score is total Box Jumps

Fri

Strength

4-5 sets
Snatch Press x 5
Str Arm Snatch x 5
*Squat or Stand

Accessory

3 Sets
SA KB row x 12 es
Inverted Row x 8
Rower Roll Outs x 12

WOD

7 Rounds
7 x Push Press @ 40/25
7 x Pull Ups
7 x Burpees