

WOD 19/9/16

Mon

Strength/Skill

4-5 Sets
Stiff Leg DeadLift x 5

Accessory

4 Sets
Banded Nordics x 4
25 Good Mornings 20/15kg

WOD

3 Rounds
20 OH Plate Lunge 20/15kg
20 Air Squats
20 Doubles

Tue

Strength/Skill

4 Rounds
Handstand Bal x 20s
Shoulder Taps x 12
Rest 2mins

Accessory

4 Rounds
Hollow - Arch x 12

WOD Practice

WOD

4 Rounds
10 HSPUS
10 Pull Ups
30 Doubles

Wed

Strength/Skill

5 Sets
Front Squat x 5

Accessory

3 Sets
Strict Pull Ups x 8
Glute Brides x 8

WOD

Partner (20mins Time Cap)
10 Rounds (5 Each)
250/200m Row
5 Hang Squat Cleans @ 70/45

Thu

Strength/Skill

5 Sets
Hang Power Snatch x 3

WOD

9min AMRAP
7 Hang Snatches @ 40/25kg
16 Burpees
7 Toes 2 Bar

Fri

WOD

4 Rounds (30min Time Cap)
20 Cals
20 Med Ball Cleans @ 9/6kg
20 Box Jumps
20 KBS @ 24/16
20 Burpees
20 Wall Balls @ 9/6kg

Core

3 Sets
Tempo Sit Ups x 10
Hollow 2 Toe Touches x 10
20s Hollow Hold
Rest 90s

*be careful of Bars Dropping