

WOD 10/10/16

Mon	Tue	Wed	Thu	Fri
Strength/Skill 5 Sets Front Squat from Floor x 3	Strength/Skill 10mins HandStand Practice	Strength/Skill 5 Sets Strict Press x 3	Strength/Skill 20mins Squat Snatch x 2	Strength/Skill 5 Sets DeadLift x 3
	EMOM 15mins			
Accessory 3-5 Sets Double Hand KB Rows x 8 Strict T2B x 8	Min 1 - 5 Strict HSPUs Min 2 - 5 Strict Pull Ups Min 3 - Rest *+10 Sit Ups every min	Accessory 3-5 Sets Tempo Mount Climbers x 12 Hollow Hold x 20-30sec	WOD Patner 10 Rounds 5 Power Snatch @ 50/35kg 10 Pull Ups 10 Burpees	WOD FGB Style 3 Rounds KBS @ 24/16 Air Squats Jumping Pull Ups Push Ups
WOD 4 Rounds 30 Wall Balls @ 9/6kg 5 Hang Squat Clean @ 60/40	WOD 4 Time 50 Burpee Box Jump Overs 25 Cals	WOD 5 Rounds 1min on 1min off 5 Shoulder 2 OH 5 Hang Cleans 5 Squats *3 Heaviest	* 1 work : 1 Rest	Cals Rest

No Shows/ Not Signing in Punishment

apologise in front of class and tell them it will never happen again