

# WOD 24/10/16

**Mon**

## Strength/Skill

5 Sets  
Box Squats x 5  
\*same weight for 5x5

## Accessory

3 Sets  
Nordics x 4  
SL Glute Bridge x 6 (20"box)

## WOD

4 Rounds  
30 UB KBS @ 24/16kg  
20 UB Wall Balls @ 9/6kg  
  
L1 - Not UB

**Tue**

## Strength/Skill

10 Mins  
Snatch Tech  
  
10 Mins  
HS Holds 30s:1min  
\*as close to wall as possible

## *Straight Lines*

Tabata 10 Rounds  
Hollow - Arch

## WOD

25 Box Jumps  
25 Push Ups  
25 Box Jumps  
25 Squats  
25 Box Jumps  
25 Burpees  
25 Box Jumps  
25 KBS @ 24/16  
25 Box Jumps

**Wed**

## October Comp

**Thu**

## Strength/Skill

5 Sets  
Hang Clean & Split Jerk x 2  
ss  
Max Distance Knee Jump

## WOD

4 Rounds  
2mins AMRAP : 2min Rest  
250/200m Row  
10m OH Plate Lunge @20/10  
  
10m Plate Lunge = 1 rep

**Fri**

## Strength/Skill

4 Sets  
Seated Shoulder Press x 5

## Accessory

3 Sets  
Strict Pull Ups x 8

## WOD

Partner 8 Rounds  
15 Toes 2 Bar  
15 Cals  
15 DB Thrusters @ 10/5

**No Shows/ Not Signing in Punishment**

Apologise and give an other member/coach in the class a compliment