

# WOD 31/10/16

**Mon**  
**Bank Holiday**

**Tue**  
**Strength/Skill**  
5 Sets  
Box Squats x 5  
\*same weight for 5x5  
add 2.5kg from last week

**WOD**  
1000m Row  
50 Thrusters @ 20/15kg  
30 Pull Ups  
Rest 2mins  
500m Row  
25 Thrusters @ 20/15kg  
15 Pull Ups

**Wed**  
**Strength/Skill**  
3-5 Sets  
Stiff Leg DeadLift x 5  
ss  
Lunge DB RDLs x 8es

**Accessory**  
3 Sets  
1min on 1min rest  
Weighted Planks

**WOD**  
Partner Any Order  
100 KBS @ 24/16kg  
100 Push Ups  
100 Box Jumps  
  
1work:1rest

**Thu**  
**Strength/Skill**  
5 Sets Complex  
Hang Power Clean  
Hang Squat Clean

**Accessory**  
5 Sets  
5 head,hand,free Kick Ups  
Custom Gymnastics Tech  
Pull Ups, Push Ups, MU trans

**WOD**  
4 Rounds UB @ 60/40kg  
5 Hang Power Cleans  
5 Hang Squat Cleans  
5 Front Squats  
15 Burpees  
  
L1 - Not UB

**Fri**  
**Strength/Skill**  
4 Sets  
Seated Shoulder Press x 3

**Accessory**  
4 Sets  
Inverted Row x 8  
SA KB Row x 8es

Coaches Core  
**WOD**  
4.8.12.16.20  
Toes 2 Bar  
10.8.6.4.2  
Man Makers

**No Shows/ Not Signing in Punishment**  
50 Wall Ball Warm Up