

WOD 3/10/16

Mon

Strength

3 Sets
Front Squat x 3

Accessory

3 Sets
Bent Over Row x 8

WOD

Teams of 3
22min AMRAP
Row 1000m
70 Front Squats @ 50/35kg

Tue

Strength

3 Sets
Hang Hollow Arch x 12
Partner Pull Ups x 10
Inverted Rows x 8

3 Sets

Pistols x 6es
Banded X walks x 5m

WOD

10min AMRAP
10 Med Ball Sit - Stand
10 Box Jumps @ 20"
10 Burpees

Wed

WOD

Diane
21-15-9
DeaLifts @ 100/70kg
HSPUs

Accessory

4-5 Sets
Banded Nordics x 6
SL RDLs x 6es
Lower Back Mob

Thu

Strength

5 Sets Complex
Hang Pow Snatch x 2
Drop Snatch x 2

Accessory

3 Sets
Tempo Sit Ups x 12
Hollow x 20-30s

WOD

5 Rounds
20 DB Snatch @ 10/5kg
20 UB Doubles

Fri

Strength

5 Sets
Strict Press x 3

Accessory

3 Sets
Dips x 10
Chin Ups x 10

WOD

2 Rounds
50 Toes 2 Bar
50 Wall Balls @ 9/6kg