

# WOD 14/11/16

**Mon**

## Strength/Skill

5 Sets  
OHS x 5

## Accessory

3 Sets  
Bent Over Row x 8  
Lying I & Ts x 8each

## WOD

5 Rounds  
10 OHS @ 40/25  
10 Pull Ups

**Tue**

## Strength/Skill

3-5 Sets  
Power Pos Snatch x 3  
\*Light Tech

## Accessory

3 Sets  
SL Dragon Flys x 4es  
Hanging Leg Raises x 8

## WOD

10min AMRAP  
5 HSPUs  
5 T2B  
15 Air Squats

**Wed**

## Strength/Skill

5 Sets  
DeadLifts x 5  
ss  
Dips x 8

## Accessory

3 Sets  
Nordic Hams x 4  
Back Ext x 20

## WOD

Partner in order alt  
15min AMRAP  
p1 - 15 Cals  
p2 - 15 Box Jumps  
p1 - 15 Doubles/10attempts

1 work : 1 rest  
15reps = 1pt  
score = total pts

**No Shows/ Not Signing in Punishment**

30 Burpee Warm Up

**Thu**

## Strength/Skill

5 Sets  
Pow Pos Squat Cleans x 2  
ss  
Tall Box Jumps x 2

## Accessory

3 Sets  
Pistols x 5es  
HS Kick Ups x 5

## WOD

Death by (+ 2 burpee/min)  
4 Hang Cleans @ 60/40kg  
2 Burpees

**Focus**

OH Mobility  
2mins plus of Hanging  
everyday

**Fri**

## Strength/Skill

5 Sets  
Thrusters x 2

## Accessory

Tabata 6 rounds each  
Weighted Sit Ups  
Strict Knee Raises

Opt Curls

## WOD

Buy in 500/400m row  
5 Rounds  
7 Push Press @ 50/30  
7 Burpees