

WOD 28/11/16

Mon

Accessory

10-15 mins
OH Mobility

Strength/Skill

Build to 1rm
OHSquat

WOD

2 rounds "Sprints"
Row 250/200m
20 Wall Balls
10 Burpees
Rest 1min

Tue

Strength/Skill

3 Sets complex
3-5sec Pause
Below Knee
Hang (Above Knee)

Power Pos

3 Sets
Full Cleans
*focus on hitting each pos
from complex

WOD

4 Rounds
.@ 60/40kg
8 DeadLifts
6 Cleans
4 Front Squats
12 Pull Ups

Wed

Strength/Skill

Build to 1rm
DeadLift

WOD

Teams of 3
2 work : 1 rest
100 DB Lunges @ 10/5kg
100 KBS @ 24/16kg
100 Cals
100 Burpees

Accessory

Partner 3-5 sets
Nordic Ham Curls x 4-6
Rower Hamstring Rollout x 12

Thu

Happy Birthday AMO

WOD

Air Force (20min Time Cap)
EMOM 4 Burpees
inc min 1
.@ 42.5/30kg
20 Thrusters
20 Sumo DL High Pulls
20 Push Jerks
20 OH Squats
20 Front Squats

Accessory

4 Time
100 Sit Ups
* hands must touch ground
behind your head &
infront of your toes
NO ANCHORING

Fri

Strength/Skill

5 Sets
Behind Neck Press x 5
ss
Strict Pull Ups x 5

Accessory

Turkish Get Ups x 10 es

Optional Curls

WOD

10min WOD
Coaches Choice

Last WOD before the
12 WODs of Christmas

No Shows/ Not Signing in Punishment

Tell a Joke