

WOD 7/11/16

Mon

Strength/Skill

5 Sets
Box Squats x 5
*same weight for 5x5
add 2.5kg from last week

Accessory

During Rest
Tempo Sit Ups x 12
Hollow Hold x 30s

WOD

50-40-30-20-10
Walking Lunges
Sit Ups
25-20-15-10-5
1/2 Burpees (no push up)

Tue

Strength/Skill

3-5 Sets
Split Jerk x 2 from Rack

Accessory

EMOM 10min
m1 - 8 Strict Pull Ups
m2 - 5 Strict HSPU/8 P-Ups

WOD

0-5-0-10-0 (equals 30m)
Sprints
30sec on : 30sec off
8 Rounds
*get a counter for max dist

Wed

Surprise WOD

Thu

Strength/Skill

EMOM 8 Mins
2 Heavy Squat Cleans

Accessory

3 Sets
SL Glute Bridges x 8es
Split Lunges x 8es

WOD

9 min AMRAP
6 UB Hang Cleans @ 60/40
12 UB Pull Ups

*Everytime you let go of bar
= 10 Burpees

L1 - Jump Pull Up+10 burpees

Fri

Strength/Skill

4 Sets
Seated Shoulder Press x 1

Accessory

4 Sets
SL Dragon Flys x 4es
L-Sit Pulses x 12

Opt Bi's or Tri's

WOD

3 Rounds
3min AMRAP
Row 500m
Max Wall Balls
Rest 3 Mins

*Score is Wall Balls

No Shows/ Not Signing in Punishment