

WOD 16/1/17

Mon

Strength

5 Sets
Complex
1 Power Clean
3 Front Squats
1 Jerk

Accessory

100 Supin Band Pull Apart

WOD

16min Partner AMRAP
P1- 15 Cals
P2- 15 Box Jumps
P1- 15 Goblet Squats 24/16kg

Tue

Strength/Accessory

Build to Heavy
Don't compromises Form
10-8-6-4-2
DeadLifts
Rest 2-3mins in Gaps
& do Banded Deadbugs

WOD

3 Rounds 4 Time
10 DeadLifts @ 120/85
50 Doubles

*Do 2 Heats in Camden
if Busy

Wed

Strength

6 Sets
Squat Snatch x 2

Accessory

3 Sets
DB KB Row x 10
(1sec pause at top)

WOD

Partner Max Distance
6 Rounds Each (12 Total)
60sec on and swap

*set rowers to
60sec:15sec Rest
For transitions

Thu

Strength/Skill

10-15 Mins
Work on Goals

WOD

4 x 4min Repeat AMRAP
4min Rest between
1.2.3.4.5.6.7.8.9.....
TnG Cleans @ 50/30
Bar Hop Burpees

*continue where you finished
each AMRAP

Fri

Strength/Skill

30-40mins
Ring Support x 20sec
into 3 Dips

Muscle Up Trans x 4

False Grip Ring Pull Ups x 4

Work on Goals/Friday Curls

WOD

7 Rounds
7 Thrusters @ 42.5/30
7 Toes 2 Bar

*10min Cap