

# WOD 23/1/17

**Mon**

## Strength

4 Sets (from Ground)  
Front Squat x 5  
2 Sets (from Ground)  
Fr Sq @ 50% x 10

## Accessory

3 Sets  
Banded A rows x 10

## WOD

Partner WOD (18min Cap)  
6 Rounds (3 Each)  
21-15-9  
KBS @ 24/16  
Box Jumps

Do a full round & swap

**Tue**

## Strength

15mins  
Custom Goals  
  
Tabata  
Sit Ups

## WOD

20 min Time Cap  
100 Bar Hop Burpees  
EMOM  
5 x Front Squat @ 42.5/30  
\*start with Fr Sq's

**Wed**

## Strength

5 Sets  
Push Press x 3  
Chin ups x max (-2)

## Accessory

Hollow Flutters x 30

## WOD

A - Row 500m AFAP  
rest 4mins  
B - set rower to time of A  
Row AFAP  
rest 4mins  
C - set rower to meters of B  
Row AFAP

\*score is difference from  
A-B + B-C

**Thu**

## Strength

3 Sets  
Power Snatch x 3  
3 Sets  
Drop Snatch x 3  
3 Sets  
Squat Snatch x 3

## WOD

21-15-9  
Chest 2 Bar  
.9-6-3  
Squat Snatch @ 40/25  
.9-6-3  
Bar Hop Burpees

**Fri**

## Strength/Accessory

20mins  
5 Dips  
5 Muscle Up Trans  
5 False Grip Pull Ups/ring row

## WOD

5 Rounds  
10 HSPUs  
30 Double Unders