

WOD 2/1/17

Mon

Happy New Year

10mins
Everyday this week on
finding out Current Level
for New Years Challenge

Tue

Strength/Accessory

3-4 Sets
Split Squat x 8
(rear foot raised)
Double KB row x 10
Accum Hollow Hold x 3mins

WOD

50-40-30-20-10 (10min TC)
Double Unders
10 Burpees between Rounds

Wed

Strength

5 Sets
DeadLift x 5

Accessory

1/2 kneel Jammer Press x 6
Deadbug cycles x 6 e/s
*slow & controlled

WOD

21-15-9
DeadLifts @ 80/50
18-30-42
Wall Balls @ 9/6kg

Thu

Skill

5 Rounds of Quality
Ring Support x 30 sec
MU Band Transitions x 4
Wall Walk with taps x 10
HS hold kick ups & tap off

WOD

15min AMRAP
5 HSPUs
7 Hang Power Snatch@40/25
9 Pull Ups

Fri

Strength/Skill

3 Sets
Clean Pulls x 2
3 Sets
Power Cleans x 2
Accessory
100 Banded Face Pulls

WOD

Partner 1 work:1 rest
1min Bar Hop Burpees
1min partner works
2min Thrusters @ 40/30
2min partner works
2min Bar Hop Burpees
2min partner works
1min Thrusters @ 40/30
1min partner works