

WOD 30/1/17

Mon

Strength

3 Sets
Front Squat x 8
2 Sets
Front Squat x 12

Accessory

100 Hamstring Curls @ 5kg

WOD

4 Rounds
20 Rev Lunges @ 24/16kg
20 KBS
20 Box Jumps @ 12/8"

Tue

Strength

20mins for quality
False Grip Pull Ups x 5
MU Transitions x 5
Strict HSPUs/Pike x 6

WOD

8min AMRAP
3.6.9.12.15.18.....
Power Cleans @ 60/40kg
Toes 2 Bar

Wed

Strength

5 Sets
Complex
1 Hang High Pull
1 Hang Squat Snatch
1 OH Squat

4 x Nordic Ham Curls

WOD

3 Rounds
90sec on 30sec rest
6 x Wall Balls @ 9/6kg
4 x Burpees
90sec on 30sec rest
Row Cals

Score total reps + cals

Thu

Strength

Custom Goals
Last Chance
Finishes on the 4th

WOD

30 Bear Complex @ 50/30
5 burpees when bar drops

Core

100 AB Mat Sit Ups

Fri

Strength/Accessory

5 Sets
Push Press 5/5/3/3/1
Weighted Pull Ups x 4
Plank x 45s

WOD

Tabata
Thurster @ 30/20kg
Rest 2mins
Chest 2 Bar