

WOD 9/1/17

Mon

Strength/Accessory

4 Sets
Split Squats x 6es
Snatch Grip Pendlay row x 8
Hollow Hold Flutters x 30

WOD

For Time
10 Strict Press
15 OH Squat
20 Push Press
25 Front Squats
30 Jerks
35 Back Squats

Rx - 40/25
Adv - 50/35

Tue

Strength/Accessory

4 Sets
DeadLifts x 8
Seated Double KB Press x 8
Alt DeadBugs x 8es
*slow & controlled

WOD

8min AMRAP
3 HSPUs
3 DeadLifts @ 100/70
6 HSPUs
3 DeadLifts @ 100/70
9 HSPUs
3 DeadLifts @ 100/70
12 HSPUs
6 DeadLifts @ 100/70
15 HSPUs
6 DeadLifts @ 100/70
18 HSPUs
6 DeadLifts @ 100/70
*DeadLifts go to 9 and so on

Wed

Strength

E2MON (20mins)
Snatch
Hang Snatch
OverHead Squat

WOD

14min Partner AMRAP
1 round:1 round
30 Double Unders
15 Power Snatch @ 40/25

Thu

Skill

20-25mins
Ring Support to btm dip
hold for 5 sec @ btm
MU Banded Transitions x 4
Strict HSPUs x 5

WOD

4 Rounds
2 Bar Muscle Ups
6 Chest 2 Bar
10 Toes 2 Bar
14 Air Squats

Fri

Strength/Skill

3 Sets
TnG Clean & Jerk x 10
*Focus on BB cycling
and not weight max 60/40kg

WOD

3 Rounds
FGB Style 1min per Round
Row Cals
Thrusters @ 40/30kg
Bar Hop Burpees
Rest