

WOD 13/2/17

Mon

Strength

6 Sets
1&1/4 Front Squats x 3

Accessory

3 Sets
BB Push Press x 8
60s Plank

WOD

6 rounds
10 OH Squat @ 40/35
10 Chest 2 Bar

L1 - Front Squat

Tue

WOD

3 Rounds
20 Wall Balls
30 KBS @ 24/16
then
3 Rounds
20 Box Jumps @ 12/8
30 Sit Ups

Accessory

4 Sets
DB RDLs x 10el
BB Supinated Row x 10

Wed

Strength

20mins
Complex
1 Power Clean
1 Hang Squat Clean

Total of 3mins of Hollow
during rest periods

WOD

9min AMRAP
Buy in 800/600m Row (once)
then
9 Squat Cleans @ 50/35
31 Double Unders

Thu

Str/Skill

3 Sets
Turkish Get Ups x 3es
20m Farmers Carry

WOD

10min EMOM
Max HSPUs
40 Double Unders
Rest 5mins
Max Toes 2 Bar
16/13 Cals
Score is lowest HSPU+TTB

Fri

Open Prep

WOD 16.5

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Core/Acc

4 Rounds
21s Bicep Curls
Tricep Press Downs x 20
Partner Med Ball Sit ups x 20