

# WOD 6/2/17

**Mon**

## Strength

3 Sets  
Front Squats x 5 @ 42x1  
2 Sets  
Front Squats x 15

## WOD

Row 1000/750  
21-15-9  
Wall Balls  
KBS  
Sit Ups

## Acc Finisher

100 Banded Face Pulls

**Tue**

## Strength/Skill

20mins for Quality  
Dips x 5  
MU Transitions x 5  
Strict Chest 2 Bar x 5

## WOD

8 Rounds  
3 Power Cleans @ 60/40  
6 Push Ups  
9 Air Squats

**Wed**

## Strength/Skill

4 Sets  
DeadLifts x 8  
Double KB/DB Push Press x 8  
3 Pos Plank x 20/20/20

## WOD

40 Squats  
30 Sit Ups  
20 Push Ups  
10 Pull Ups  
500m Row

**Thu**

## WOD

30 min EMOM  
15/12 Cals Row  
Hollow 30sec  
40 Doubles  
18 x OH Plate Lunge @ 20/10 15 Box Jumps @ 24/20  
Rest

Adv - DB/KB OH Lunge

**Fri**

## Open Prep

### WOD 13.2

10min AMRAP  
5 S2OH @50/30  
10 DeadLifts @ 50/30

\*have a Judge and be strict

## Core/Acc

5 rounds  
Banded Lat Pull Downs x 20  
Russian Twist x 20  
Banded Good Bondings x 20