

# CROSSFIT SCHMIDEN Weekly Programming

Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Skill		HSPU	Double Under	Back Squat	Overhead Squat
Strength or Endurance		Strict Pull up		Strict Press	Deadlift
Workout	<p><b>Amrep 15 min</b></p> <p>1 Air Squat</p> <p>1 Push up</p> <p>1 Deadlift 0,5x BW</p> <p>2 Air Squat</p> <p>2 Push up</p> <p>2 Deadlift 0,5x BW</p>	<p><b>3RM</b></p> <p><b>4 rounds for time of:</b></p> <p>Plate Overhead Walking Lunge 30 m 20/10 Kg</p> <p>20 Box Jumps</p> <p>15 Wall Balls 9/6Kg</p> <p>5 Handstand Push-ups</p>	<p><b>For Time TC: 15 Min.</b></p> <p>50 Double under</p> <p>50 Push up</p> <p>20 knees to Elbow</p> <p>50 Double under</p> <p>30 Push up</p> <p>20 knees to Elbow</p> <p>50 Double under</p> <p>20 Push up</p> <p>20 knees to Elbow</p>	<p><b>Total Strength</b></p> <p>5 RM barbell strict Press</p> <p>5 RM Back Squat</p> <p>5 RM pull up/ 45 deg. Ring Row (use BW plus weight)</p> <p>Result: Total Weight/ BW</p>	<p><b>Deadlift</b></p> <p>5 RM</p> <p><u>21-15-9</u></p> <p>Overhead Squat 50/30 Kg</p> <p>Ring Dip</p>
Mobility/Accessory		Hip Mobility	Shoulder Stability Overhead Mobility	Ankle Mobility	Core Stability