

WOD Weekly Programming



CROSSFIT
SCHMIDEN

	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 1	Strength or Endurance	<p><u>Goblet Squat</u></p> <p>12-9-6-9-12</p>	<p><u>For Time:</u></p> <p>20 Wall Balls 9/6 Kg</p> <p>8 Deadlifts 1x BW</p>			<p><u>double KB Strict Press</u></p> <p>7-7-7-7-7-7</p>
	Workout	<p><u>6 Rounds of:</u></p> <p>1 min Burpee</p> <p>12/12 KB Snatch</p>	<p>10 Med Ball overhead Sit up 9/6 Kg</p> <p>15 Wall Balls 9/6 Kg</p> <p>8 Deadlifts 1x BW</p> <p>15 Med Ball overhead Sit up 9/6 Kg</p> <p>10 Wall Balls 9/6 Kg</p> <p>8 Deadlifts 1x BW</p> <p>20 Med Ball overhead Sit up 9/6 Kg</p>	<p><u>Amrap 15min:</u></p> <p>18 Leg Raise</p> <p>12 Push up</p> <p>20 KB Overhead Swings</p>		<p><u>8 Rounds of:</u></p> <p>30 Double Under</p> <p>8 Toes to Bar</p>