

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 2	Skill	Double-Unders	Overhead Press	Row	Squat Clean	Power Snatch
	Strength or Endurance		<u>KB Push Press</u> 8-8-8			<u>Romanian Deadlift</u> 5-5-5
	Workout	<u>AMRAP15:</u> 21 Double-Unders 14 Burpees 7 Deadlifts @BW	<u>For time:</u> 21-15-9 Air Squat Push-Up	<u>3 rounds for time:</u> 800m Row 40 Air Squats 30 Walking Lunges 20 Burpees Time Cap: 25min	<u>AMRAP10:</u> 6 Squat Cleans @55/30kg 12 Pull-Ups 24 Double-Unders	<u>5 rounds for time:</u> 3 Power Snatch @40/20kg 15 Wall-Balls @9/6kg
	Mobility/Accessory	Spine Mobility	Hip Mobility	Shoulder Stability	Hip Mobility	Shoulder Mobility