

# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 3	Skill	Overhead Squat	Muscle-Up	Deadlift	Handstand Push-Up	DB Snatch
	Strength or Endurance	<u>Power Clean</u> 1-1-1-1-1		<u>Strict Press</u> 5-5-5		
	Workout	<u>AMRAP10:</u> 3 Overhead Squats @35/50kg 30 Double-Unders 6 Overhead Squats @35/50kg 30 Double-Unders 9 Overhead Squats @35/50kg 30 Double-Unders etc.	<u>3 rounds for time:</u> 50 Alternating Pistol Squats 7 Muscle-Ups 10 Hang Power Cleans @40/60kg	<u>5 rounds for time:</u> 20 Wall-Balls @6/9kg 10 Deadlifts @70/100kg	<u>12 rounds for time:</u> 5 Wall-Balls @6/9kg 3 Handstand Push-Ups 1 Power Clean @50/80kg Time Cap: 25min	<u>AMRAP15:</u> 35 DB Snatches @15/22,5kg 25 AbMat Sit-Ups 15 Box Jumps
	Mobility/Accessory	Hip Mobility	Spine Mobility	Shoulder Stability	Shoulder Mobility	Hip Mobility