

# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 4	Skill	DB Power Clean	Overhead Squat	Ring-Dip	Pull-Up	Double-Under
	Strength or Endurance		<u>Front Squat</u> work up to 3RM		<u>2 Tabata Cycles:</u> (:20s ON/:10s OFF) Push-Press -> Front Squat -> Handstand Hold -> Wall-Sit	
	Workout	<u>AMRAP12:</u> 9 DB Deadlifts 6 Burpees 3 DB Power Cleans @27,5/17,5kg	<u>AMRAP10:</u> 3 Overhead Squats 30 Double-Unders 6 Overhead Squats 30 Double-Unders 9 Overhead Squats 30 Double-Unders ... @50/30kg	<u>For max reps:</u> Max set of Toes-to-Bar Max set of Ring-Dips Max set of Broad Jump <u>then:</u> 2000m Row for time Maximum of 3 attempts at first 3 portions of workout	<u>For reps:</u> 3min Wall Balls 3min Pull-Ups 2min Wall Balls 2min Pull-Ups 1min Wall Balls 1min Pull-Ups @6/9kg Rest 1min b/t exercises	<u>6 rounds of:</u> 1min Row 1min Burpees 1min Double-Unders 1min rest b/t rounds
	Mobility/Accessory	Shoulder Stability	Shoulder Mobility	Hip Mobility	Spine Mobility	Hip Mobility