

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 5	Skill	Chest-to-Bar Pull-Up	Back Squat	Deadlift	Snatch	Handstand Push-Up
	Strength or Endurance			Back Squat <i>E2MOM for 10min</i> 4x5 - 1x5+		6x AMRAP:30s <i>:30s rest b/t each intervall</i> Handstand Push-Ups
	Workout	Partner WOD for time: <i>Time Cap: 30min</i>	CrossFit Total	AMRAP15	3 rounds for time	For time:
		200 Double-Unders	Back Squat 1RM	1 Deadlift	9 Snatches @60/40kg	21 Front Squats
		4 rounds of:	Shoulder Press 1RM	25 Single-Unders	15 Bar-Facing Burpees	21 Push Press
		6 Chest-to-Bar Pull-Ups	Deadlift 1RM	2 Deadlifts	21 Toes-to-Bar	15 Front Squats
		6 Box-Jumps	Max of 3 attempts per exercise allowed. Weight must increase after each successful attempt. Each exercise must be performed on a 10min clock.	50 Single-Unders	15 Push Press	
		200 Double-Unders		3 Deadlifts	9 Front Squats	
4 rounds of:	75 Single-Unders	9 Push Press				
20 Burpees	...	@50/35kg				
20 Wall-Balls						
200 Double-Unders		@125/85kg				
Mobility/Accessory	Shoulder Stability	Hip Mobility	Spine Mobility	Hip Mobility	Shoulder Stability	