

WOD Weekly Programming



| | Schwerpunkt | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|------|-----------------------|---|--|--|--|--|
| KW 6 | Skill | Thruster | Bar Muscle-Up | AbMat Sit-Up | Handstand Push-Up | Power Clean |
| | Strength or Endurance | Front Squat <i>2min rest b/t sets</i> 5x3 | Partner WOD for time: <i>Time Cap: 30min</i> | 3 rounds for time of: :60s Back Squats :60s AbMat-Sit-Ups :60s Power Cleans @60/45kg rest :60s b/t exercises | 6x1min for Distance <i>perform 3 sets for each exercise</i> Row/Bike | Scaled Holleyman <i>Time Cap: 30min</i> 20 rounds for time of: 5 Wall-Balls @9/6kg 3 Push-Ups 1 Power Clean @70/45kg |
| | Workout | Time-Priority Fran :60s Thruster :60s Pull-Ups :45s Thruster :45s Pull-Ups :30s Thruster :30s Pull-Ups @42,5/30kg | 3 rounds of: 30 Deadlifts @80/55kg 30 Pull-Ups 3 rounds of: 24 Front Squats @60/40kg 24 Chest-to-Bar Pull-Ups 3 rounds of: 18 Shoulder-to-Overhead @40/25kg 18 Bar Muscle-Up | Freestyle Diane 45 Deadlifts 45 Handstand Push-Ups @100/70kg Partition as needed to complete 45 reps of each exercise as quickly as possible. | Workout :60s Thruster :60s Pull-Ups :45s Thruster :45s Pull-Ups :30s Thruster :30s Pull-Ups @42,5/30kg | Workout :60s Thruster :60s Pull-Ups :45s Thruster :45s Pull-Ups :30s Thruster :30s Pull-Ups @42,5/30kg |
| | Mobility/Accessory | Hip Mobility | Spine Mobility | Shoulder Mobility | Hip Mobility | Shoulder Stability |