

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 7	Skill	Front Squat	Thruster	Sumo-Deadlift High Pull	Bar Muscle-Up	Overhead Squat
	Strength or Endurance		<u>Tabata</u> <i>8x :20s ON, :10s OFF</i> KB Swing			<u>Snatch Balance</u> 5x2
	Workout	<u>2 rounds for max reps of:</u> 2min Shoulder Press @50/35kg 2min Front Squat @70/45kg 2min Deadlift @100/70kg rest 1min b/t exercises	<u>10 rounds of:</u> :30s Burpees :30s Thrusters @40/25kg rest :30s b/t exercises	<u>Fight Gone Bad</u> 3 rounds for max reps of: 1min Wall-Balls @9/6kg 1min Sumo-Deadlift High-Pulls @35/25kg 1min Box Jumps 1min Push Press @35/25kg 1min Row rest 1min b/t rounds	<u>AMRAP12</u> 10 DB Overhead Squats (right) 5 Bar Muscle-Ups 10 DB Overhead Squats (left) 15 Toes-to-Bar @22,5/15kg	<u>AMRAP15</u> 7 Push Press 10 Overhead Squat 15 AbMat Sit-Ups @60/40kg
	Mobility/Accessory	Spine Mobility	Shoulder Mobility	Hip Mobility	Shoulder Stability	Hip Mobility