

# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 8	Skill	Row	Pull-Up	Handstand	Overhead Squat	Clean
	Strength or Endurance	<b>Thruster</b> 3-3-3-3-3		<b>Wall-Walk</b> X should be sustainable reps for 8min EMOM8 @ X reps		
	Workout	<b>3 rounds for time of:</b> 15 KB Swings 20 Box Jumps 250m Row  @24/16kg	<b>AMRAP12</b> 1 Pull-Up, 2 Push-Ups, 3 Air Squats 2 Pull-Ups, 4 Push-Ups, 6 Air Squats 3 Pull-Ups, 6 Push-Ups, 9 Air Squats ...	<b>AMRAP14</b> 20 AbMat Sit-Ups  20 Wall Balls  @9/6kg	<b>Rowing Nancy</b> 400m Row 15 Overhead Squats  @45/30kg  Time Cap: 20min	<b>5 rounds of:</b> 9 Deadlifts 5 Squat Cleans 3 Thrusters  @60/45kg
	Mobility/Accessory	Shoulder Mobility	Hip Mobility	Shoulder Stability	Hip Mobility	Spine Mobility