

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 9	Skill	Hand-Release Push-Up	Double-Unders	Shoulder-to-Overhead	Power Snatch	Toes-to-Bar
	Strength or Endurance		<u>Push-Press</u> 3-3-3-3		<u>Tabata</u> 8x :20s ON, :10s OFF ODD: Wall-Balls EVEN: MB Ground-to-Overhead	
	Workout	<u>21-15-9 for time:</u> Deadlifts @80/60kg Wall-Balls @9/6kg Hand-Release Push-Up	<u>For time:</u> 10 Single-Leg Squats 20 Double-Unders 20 Single-Leg Squats 40 Double-Unders 30 Single-Leg Squats 60 Double-Unders 40 Single-Leg Squats 80 Double-Unders 50 Single-Leg Squats 100 Double-Unders	<u>DT</u> 5 rounds for time: 12 Deadlifts 9 Hang Power Cleans 6 Shoulder-to-Overhead @70/47,5kg	<u>For time:</u> 10 Power Snatch 50 AbMat Sit-Ups 8 Power Snatch 40 AbMat Sit-Ups 6 Power Snatch 30 AbMat Sit-Ups 4 Power Snatch 20 AbMat Sit-Ups 2 Power Snatch 10 AbMat Sit-Ups @40/27,5kg	<u>AMRAP25 in Teams of 2:</u> 30 Box Jumps 30 Toes-to-Bar 30 Front Squats @50/30kg 30 Push-Ups
	Mobility/Accessory	Hip Mobility	Shoulder Stability	Hip Mobility	Spine Mobility	Shoulder Mobility