

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 11	Skill	Pull-Up	Squat Snatch	Toes-to-Bar	Muscle-Up	Back Squat
	Strength or Endurance	Tabata KB Swing increase weight every 2 intervals				Back Squat 3-3-3-3-3 increase weight each set
	Workout	Death by Pull-Ups 1st min: 1 Pull-Up 2nd min: 2 Pull-Ups 3rd min: 3 Pull-Ups 4th min: 4 Pull-Ups ... Continue as long as you're able to.	4 rounds for time: 50 Double-Unders 15 Squat Snatch @35/25kg	3 rounds for time: 250m Row 20 Toes-to-Bar 250m Row 20 DB Thruster @17,5/10kg	Nasty Girls 50 Air Squats 7 Muscle-Ups 10 Hang Power Cleans @60/42,5kg	G.I. Jane For time: 100 Burpee Pull-Ups Time Cap: 15min
	Mobility/Accessory	Hip Mobility	Spine Mobility	Shoulder Mobility	Hip Mobility	Shoulder Stability