

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 12	Skill	Cluster	Pull-Up	Double-Unders	Hang Power Clean	Toes-to-Bar
	Strength or Endurance					
	Workout	<p><u>Bear Complex</u></p> <p>5 rounds for load:</p> <p>1 Power Clean</p> <p>1 Front Squat</p> <p>1 Push Press</p> <p>1 Back Squat</p> <p>1 Push Press</p> <p>1 round consists of 7 unbroken sets of the given complex</p>	<p><u>AMRAP21</u></p> <p>Row 500/250/100m</p> <p>Max-rep Strict Pull-Ups</p> <p>Each time you break a set of pull-ups, complete a row. From 0:00-7:00 row 500, from 7:00-14:00 row 250, and from 14:00-21:00 row 100 If all rowers are taken, then do 200/100/50 Single-Unders instead.</p>	<p><u>6 rounds for time:</u></p> <p>15 Deadlifts</p> <p>15 Hand-Release Push-Ups</p> <p>15 Double-Unders</p> <p>@60/42,5 kg</p>	<p><u>3 rounds for time:</u></p> <p>20 Burpees</p> <p>21 Hang Power Cleans</p> <p>@50/35 kg</p>	<p><u>AMRAP15:</u></p> <p>10 Wall-Balls</p> <p>10 Toes-to-Bar</p> <p>10 Box Jumps</p> <p>@9/6 kg</p>
	Mobility/Accessory	Spine Mobility	Shoulder Mobility	Hip Mobility	Shoulder Stability	Hip Mobility