

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 13	Skill	Overhead Squat	Handstand Push-Up	Back Squat	Double-Under	Pull-Up
	Strength or Endurance	Overhead Squat 3-3-3-3-3		Time Cap Chelsea Cap: 10min 5 Pull-Ups 10 Push-Ups 15 Air Squats		
	Workout	AMRAP20 20 Push-Ups 30 Sit-Ups 28/40Cal Row	4x AMRAP3 5 Handstand Push-Ups 10 DB Hang Power Snatches 10 DB Overhead Lunges @22,5/15 kg rest 2min b/t each AMRAP3	Back Squat 3-3-3-3-3-3-3-3	Alt EMOM30 15 Burpees to Target then alternate every other minute between ODD: 100m Row EVEN: :30s max rep Double-Unders	24-21-18-15 for time Hang Power Clean Pull-Up Box Jump-Over @42,5/30 kg
	Mobility/Accessory	Shoulder Mobility	Hip Mobility	Shoulder Stability	Hip Mobility	Spine Mobility