

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 14	Skill	GW Deadlift	WM Push Jerk	GWM Row	M Double-Under	G Pistol
	Strength or Endurance	EMOM15 3 Back Squats	Tabata :20s ON / :10s OFF ODD: Hollow Rocks EVEN: Arch Rocks			
	Workout	AMRAP10 15 Deadlifts 15 Hand-Release Push-Ups @60/45kg	5x 3min rounds 10 Push Jerks Max-rep Weighted Strict Pull-Ups Push Press @45/30kg Pull-Ups @16-12-8-4-0kg/ @12-8-4-0-0kg	AMRAP15 21 Wall-Balls 15 Thrusters 9 Cal Row @35/25kg	5x E5MOM 21/16 Cal Row 15 Double-Unders 9 Burpees	AMRAP20 5 Wall-Walks 10 Ring Push-Ups 20 Pistols
	Mobility/Accessory	Hip Mobility	Shoulder Stability	Hip Mobility	Spine Mobility	Shoulder Mobility