

WOD Weekly Programming



| | Schwerpunkt | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|------|-----------------------|---|---|---|---|--|
| KW17 | Skill | Push Press | Pull-Up | Handstand Walk | Back Squat | Overhead Squat |
| | Strength or Endurance | | <u>Tabata Wall Balls</u> :20 ON / :10s OFF | | <u>Pull-Up</u> 5-5-5-5-5 | |
| | Workout | <u>3 rounds for time:</u> 20 Wall Balls 20 Sumo Deadlift High-Pulls 20 Box Jumps 20 KB Push Press 20 Cal Row Rest 1min WB @9/6kg BB @35/25kg KB @20/12kg | <u>Row Cindy Row</u> AMRAP20 5 Pull-Ups 10 Push-Ups 15 Air Squats 20 Cal Row | <u>For time:</u> 21 Deadlifts 21m Handstand Walk 15 Deadlifts 15m Handstand Walk 9 Deadlifts 9m Handstand Walk @100/70kg | <u>5 rounds for load and reps:</u> 3 Back Squats :60s Double-Unders | <u>For time:</u> 21 Back Squats @100/70kg 15 Front Squats @90/60kg 9 Overhead Squats @80/50kg |
| | Mobility/Accessory | Hip Mobility | Shoulder Stability | Shoulder Mobility | Spine Mobility | Hip Mobility |