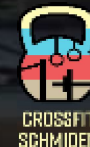


WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 18	Skill	Overhead Squat	Double-Under	Toes-to-Bar	Rope Climb	Ring Muscle-Up
	Strength or Endurance	Muscle Snatch 2-2-2-2-2	Pistol Squat 3-3-3-3-3 each leg			
	Workout	<u>21-15-9</u> Overhead Squats Burpee Box-Jump Over @50/35 kg	<u>AMRAP12</u> 10 Burpees to target 25 Double-Unders	<u>For time:</u> 10 Wall Walks 30 Box Jumps 30 Knee-to-Elbow 30 Box Jumps 30 Toes-to-Bar 30 Box Jumps 10 Wall Walks	<u>Tommy V</u> For time: 21 Thrusters 12 Rope Climbs 15 Thrusters 9 Rope Climbs 9 Thrusters 6 Rope Climbs @50/35 kg	<u>3 rounds for time of:</u> 200m Run 7 DB Push Press 14 Ring Muscle-Ups @30/20 kg
	Mobility/Accessory	Shoulder Stability	Shoulder Mobility	Spine Mobility	Hip Mobility	Hip Mobility