

# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 19	Skill	Barbell Cycling	Row	Snatch	DB Snatch	Double-Under
	Strength or Endurance	<b>1-2-3-4-5</b> Hang Squat Clean	<b>3:00 Superman Hold</b> Accumulate 3mins. Each time you break, perform 5 Hollow Rocks.	<b>E2MOM10</b> 1 Snatch Push Press + 1 Sots Press + 1 Overhead Squat	<b>4-4-4-4</b> DB OH Squat	<b>3:00 Hang from Pull-Up Bar</b> Accumulate 3mins. Each time you break, perform 10 Push-Ups.
	Workout	<b>AMRAP15</b> 12 Hang Squat Cleans  15 Ring Dips  @60/42,5kg	<b>20 rounds for distance:</b>  :20s Work  :10s Rest Cycle through the following stations: Double-Unders Row Shuttle Runs Air Bike You should perform at least 1 round at each station.	<b>EMOM10 for load:</b>  1 Hang Power Snatch	<b>3 rounds for reps:</b>  :60s 8m Shuttle Runs  :60s DB Snatches  :60s Row for calories  :60s DB Box Step-Ups  :60s Burpees  rest :60s b/t rounds  @22,5/15kg	<b>21-18-15-12-9-6-3 for time:</b>  Double-Unders  AbMat Sit-Ups
	Mobility/Accessory	Shoulder Mobility	Spine Mobility	Hip Mobility	Hip Mobility	Shoulder Stability