

# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 21	Skill	Wall Walk	Thruster	Handstand Push-Up		Pistol
	Strength or Endurance	<b>On a 5:00 clock</b> Max-rep Wall Walks				<b>Inverted Row</b> 10-10-10-10 increase ECC by 1sec each set, start w/1sec ECC
	Workout	<b>For time:</b> 200 Double-Unders  then: 21-15-9  Burpees  Butterfly Sit-Ups  Alternating Lunges	<b>AMRAP20</b>  400m Run  10 Pull-Ups  15 Thrusters @50% BW	<b>5 rounds for time</b>  5 Handstand Push-Ups  5 Deadlifts  @100/70 kg  Every round increase weight by 10/5kg.		<b>AMRAP12</b>  21 Push-Ups  15 Sit-Ups  9 Pistols
	Mobility/Accessory	Hip Mobility	Shoulder Stability	Spine Mobility	Hip Mobility	Shoulder Mobility