

# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 22	Skill	Front Squat	Sumo Deadlift High-Pull	Row	Arch & Hollow	Bar Muscle-Up
	Strength or Endurance	<p><b>On a 8min clock</b></p> <p>Practice Kip Swings and Kipping Pull-Ups</p>			<p><b>3:00 Handstand Hold</b></p> <p>Accumulate 3mins. Each time you break, perform 10 Double-Unders or attempts.</p>	<p><b>Tabata</b> :20s ON/:10s OFF Heavy Wall Balls @12/9 kg</p>
	Workout	<p><b>On a 20min Clock</b></p> <p>3 Front Squats</p> <p>1:00 for Cals/Distance on any machine</p> <p>5 Pull-Ups</p> <p>Rest as needed b/t rounds.</p> <p>Cap after 10 rounds or after 20mins</p>	<p><b>5 rounds for time:</b></p> <p>15 Sumo Deadlift High-Pulls</p> <p>15 Thrusters</p> <p>@42,5/30 kg</p>	<p><b>Max-Effort Rowing</b></p> <p>10 rounds of</p> <p>100m Row for time</p> <p>Try to hit exactly 100m.</p> <p>Perform 1 Burpee for every meter over/under 100m.</p>	<p><b>For time:</b></p> <p>1000m Row</p> <p>then:</p> <p><b>5 rounds of:</b></p> <p>20 Supermans</p> <p>16 AbMat Sit-Ups</p> <p>then:</p> <p>1000m Row</p>	<p><b>AMRAP12</b></p> <p>12 DB Snatches</p> <p>4 Bar Muscle-Ups</p> <p>@22,5/15 kg</p>
	Mobility/Accessory	Shoulder Stability	Spine Mobility	Hip Mobility	Shoulder Mobility	Hip Mobility