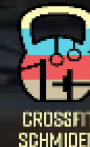


# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 23	Skill		Toes-to-Bar	Push-Up	Clean	Pull-Up
	Strength or Endurance			<u>10-9-8-7-6-5-4-3-2-1</u> Alternate between Walking Lunges & Hollow Rocks	<u>Cleans</u> 3-3-3-3-3 Work up to a estimated 80% 1RM (= RPE6/RIR4)	<u>4 rounds of Pull-Ups</u> 3 Weighted Pull-Ups 4 Strict Pull-Ups 5 Kipping Pull-Ups
	Workout		<u>AMRAP15</u> 10 Toes-to-Bar 10 Box Jumps 10 Wall-Balls @9/6kg	<u>AMRAP7</u> 7 Hand Release Push-Ups 7 Air Squats 7 Burpee Box Jump Overs	<u>For time:</u> 2000m Row 21 Cleans 15 Thrusters 1000m Row 15 Cleans 12 Thrusters 500m Row 9 Cleans 9 Thrusters @60/42.5kg	<u>5 rounds for time:</u> 40 Double-Unders 30 Box Step-Ups 20 KB Swings @24/16kg Time Cap: 18min
	Mobility/Accessory		Hip Mobility	Shoulder Mobility	Hip Mobility	Shoulder Stability