

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 24	Skill	Snatch	Deadlift	Ring Muscle-Up		Overhead Squat
	Strength or Endurance	EMOM8 for quality 1 Power Snatch + 1 Snatch Push Press + 2 Sots Press	Deadlifts 5-5-3-3-3-1-1-1-1 Try to increase weight with every new rep scheme.			
	Workout	<u>10 rounds for time:</u> 1 Power Snatch 3 Overhead Squats @60/42.5kg	<u>EMOM10:</u> 5 Deadlifts 5 Toes-to-Bar 5 Bar-Facing Burpees @70/50kg	<u>3 rounds for time:</u> 28 Wall-Balls @9/6kg 21 Pull-Ups 14 Burpees 7 Ring Muscle-Ups		<u>AMRAP20:</u> 400m Run 20 AbMat Sit-Ups 10 Overhead Squats @50/35kg
	Mobility/Accessory	Hip Mobility	Shoulder Stability	Hip Mobility		Shoulder Mobility