

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 25	Skill	Wall-Ball	Hang Power Clean	Chest-to-Bar Pull-Up	Push Jerk	Handstand Walk
	Strength or Endurance	<p>Bear Complex</p> <p>On a 10min clock, do single rounds. Target a heavy weight, increase weight b/t rounds if needed.</p>	<p>EMOM8 work for :30s each</p> <p>Alternate b/t ODD: Ring Dip Hold EVEN: Ring Push-Up Plank</p>	<p>Front Squat 5-1-5-1-5-1-5</p> <p>Alternate b/t a lighter weight (5 reps) and a heavier weight (1 rep). Target a RPE3-4 range for each set.</p>	<p>Rope Climbs</p> <p>On a 10min clock, try to accumulate 15 rope climbs.</p>	<p>EMOM8:</p> <p>1 Wall Walk + 16 Handstand Shoulder Taps</p>
	Workout	<p>6 rounds for time:</p> <p>6 Shuttle Runs @50m</p> <p>50 Double-Unders</p> <p>25 Wall-Balls @6/4kg</p>	<p>AMRAP15:</p> <p>12 Hang Power Cleans</p> <p>10 Ring Dips</p> <p>@50/35kg</p>	<p>EMOM28:</p> <p>200m Run</p> <p>10 Chest-to-Bar Pull-Ups</p> <p>6 Front Squats @85/60kg</p> <p>1min Rest</p>	<p>21-15-9:</p> <p>Deadlifts @100% BW</p> <p>Push Jerk @50% BW</p>	<p>AMRAP15:</p> <p>50 Double-Unders</p> <p>10m Handstand Walk</p>
	Mobility/Accessory	Shoulder Stability	Hip Mobility	Spine Mobility	Shoulder Mobility	Hip Mobility