

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 26	Skill	Deadlift	Power Clean	Double-Under	Chest-to-Bar Pull-Up	Handstand Push-Up & Pistol Squats
	Strength or Endurance	<u>E2MOM14 for load</u> 1 Thruster + 2 Front Squats	<u>EMOM5</u> Max. Handstand Hold, aim for maximum hold of :30s	<u>AMRAP8</u> 5-10-15-20-25-... Wall Balls @9/6kg each set has to be unbroken		
	Workout	<u>AMRAP12</u> 20 Deadlifts :10s Rest :20s Burpees :10s Rest @85/60kg	<u>Alt EMOM20</u> 10 Alternating Step-Ups @15/9kg 8 Cal Row 6 Handstand Push-Ups 4 Power Cleans @70/50kg	<u>3 rounds for time:</u> 1000m Row 100 Double-Unders 1000m Run	<u>5 rounds for time:</u> 60 Double-Unders 15 Chest-to-Bar Pull-Ups	<u>Mary</u> AMRAP20: 5 Handstand Push-Ups 10 Alternating Pistols 15 Pull-Ups
	Mobility/Accessory	Hip Mobility	Spine Mobility	Shoulder Mobility	Hip Mobility	Shoulder Stability