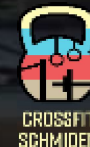


WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 28	Skill	Ring Muscle-Up	Wall Ball	False Grip	Americian KB Swing	Strict Pull-Up
	Strength or Endurance				Tabata American KB Swings Go heavy and work for quality.	
	Workout	<u>AltEMOM21:</u> :45sec Air Squats up to 3 Ring Muscle-Ups 6 10m-Shuttle-Runs Keep the Ring Muscle-Ups for quality. If you fail to keep the quality of the Ring Muscle-Ups high, then scale down the reps	<u>5 rounds for time:</u> 10 Deadlifts @100/70 kg 20 Wall Balls @9/6 kg	<u>AMRAP12:</u> 10 DB Power Cleans 10 DB Step-Ups 10 False Grip Ring Rows @15/9 kg	<u>For time:</u> 500m Row 1000m Row 500m Row 250m Row Work in teams of 2. Work in YGIG fashion. Each athlete has to complete the whole workout.	<u>4 rounds for time:</u> 10 Strict Pull-Ups 5 Deadlifts 50 Double-Unders @90/60 kg
	Mobility/Accessory	Hip Mobility	Spine Mobility	Shoulder Mobility	Hip Mobility	Shoulder Stability