

# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 29	Skill	Back Squat	Toes-to-Bar + Ring-Dip	Push-Up	Barbell Cycling	Burpee Box Jump-Over
	Strength or Endurance		<p><b>AltEMOM12:</b></p> <p>Alternate b/t :30s of Plank Hold / Hollow Body Hold / Dead Hang Hold</p>		<p><b>10 Sets every :30s</b></p> <p>2 Touch &amp; Go Power Cleans</p>	
	Workout	<p><b>AMRAP20:</b></p> <p>400m Run</p> <p>20 AbMat Sit-Ups</p> <p>10 Back Squats</p> <p>@75/52,5 kg</p>	<p><b>AMRAP10:</b></p> <p>10 Ring-Dips</p> <p>10 Box-Jumps</p> <p>10 Toes-to-Bar</p>	<p><b>For time:</b></p> <p>500m Row</p> <p>30 Hand-Release Push-Ups</p> <p>1000m Row</p> <p>20 Hand-Release Push-Ups</p> <p>2000m Row</p> <p>10 Hand-Release Push-Ups</p>	<p><b>AMRAP6:</b></p> <p>12 Power Cleans</p> <p>21 Air Squats</p> <p>@82,5/55 kg</p>	<p><b>2 rounds for time:</b></p> <p>25 Burpee Box Jump-Overs</p> <p>50 Double-Unders</p> <p>75 Wall-Balls</p> <p>@9/6 kg</p> <p>Time Cap: 20min</p>
	Mobility/Accessory	Spine Mobility	Shoulder Mobility	Hip Mobility	Shoulder Stability	Hip Mobility