

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 31	Skill	Ring Push-Up	KB Swing	Thruster	Jerk	Stric Pull-Up
	Strength or Endurance				AltEMOM10: perform complexes w/ empty barbell ODD: 3x (Clean + Front Squat + Split Jerk) EVEN: 3x (Push Press + Push Jerk)	
	Workout	<u>21-18-15-12-9-6-3 for time:</u> Box Jumps Ring Push-Ups	<u>AMRAP7:</u> 20 Wall-Balls @9/6kg 15 KB Swings @24/16kg 10 Burpee Box Jump-Overs rest 3min <u>then AMRAP7:</u> 20 Wall-Balls @6/4kg 15 KB Swings @20/12kg 10 Box Jump-Overs Try to hold the same pace from the 1st round in the 2nd round.	<u>4 rounds for time:</u> 400m Run 15 Thrusters @35/25kg 10 Burpees-to-Target Time Cap: 25min	<u>Grace</u> 30 Clean & Jerks @60/42,5 kg	<u>EMOM:</u> 3 Strict Pull-Ups Max Cal Row Continue until you reach 200 Calories. Complete 1 out of every 5 intervals on the AirBike instead of the rower.
	Mobility/Accessory	Spine Mobility	Shoulder Mobility	Hip Mobility	Shoulder Stability	Hip Mobility