

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 32	Skill	KB Snatch	Rope Climb	Hollow Position	Press + Jerk	Snatch
	Strength or Endurance					
	Workout	<p>AMRAP12:</p> <p>20 MB Sit-Ups @9/6 kg</p> <p>20 Alt KB Snatches @20/12 kg</p>	<p>E2MOM Death by:</p> <p>0:00-2:00 2 Rope Climbs</p> <p>2:00-4:00 10 Double-Unders 2 Rope Climbs</p> <p>4:00-6:00 20 Double-Unders 2 Rope Climbs</p> <p>6:00-8:00 40 Double-Unders 2 Rope Climbs</p> <p>80 Double-Unders</p> <p>Continue every 2mins by doubling the amount of Double-Unders for as long as possible</p>	<p>5 rounds of :90s ON/:90s OFF:</p> <p>12 Burpee Box Step-Overs</p> <p>Max Rep V-Ups</p>	<p>3 rounds of:</p> <p>250m Row 9 Strict Press @ 1/2 BW then: 3 rounds of: 250m Row 6 Push Press @ 1/2 BW then: 3 rounds of: 250m Row 3 Push Jerk @ 1/2 BW</p> <p>Time Cap for each block: 7min</p>	<p>5 rounds of :60s ON/:60s OFF</p> <p>5 Snatches @40/25kg</p> <p>10 Lateral Burpees</p> <p>Max Rep Double-Unders</p> <p>If your unable to reach the Double-Under partion, decrease the Burpees by 2 reps in next round.</p>
	Mobility/Accessory	Shoulder Mobility	Hip Mobility	Shoulder Stability	Hip Mobility	Spine Mobility