

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 49	Skill		Overhead Squat	Back squat	Deadlift	
	Strength or Endurance	<u>Strict Press</u> 3-3-3-3-3-3		<u>Back Squat</u> 8-8-8-8-8		
	Workout	<u>5 Rounds for time:</u> 8 double arm KB front rack step up 20/12 kg 6 Burpee over the box	<u>For Time:</u> 150 double under 30 Clean&Press pick load 15 wall walk	<u>Emom 12min</u> alt. every min between 30m contralateral carry switch side after 15m 20s hollow rocks	<u>Amrap 20 min</u> 8 Deadlift pick load 12 Slider knee tuck 2min Row or Bike	<u>21-18-15-12-9-6-3</u> Wall Balls 9/6 kg Push up Weighted sit up 15/5 kg Ring Row Cal Row.
	Mobility/Accessory	Shoulder stabi	Spine mobi	Hip mobi	overhead mobi	Core/ Hip stabi