

# WOD Weekly Programming



CROSSFIT  
SCHMIDTEN

		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
CW 4	<b>Strength</b>	E2:30M 4x4 Bench Press  75-85%	E2:30M 4x4 Front Squat  75-85%	E2:30M 4x4 Deadlift  75-85%	E2:30M 4x4 Strict Press  75-85%	E2:30M 4x4 Back Squat  75-85%	In Teams of 2:  On a running Clock: 00:00 - 15:00 AMRAP (YGIG) 15/12 Cal Bike 12 Dual DB Bench Press 12 Dual DB Hang Power Clean
	<b>Metcon</b>	For Time:  4 Rounds:  25 Wallballs 15 Hang Power Cleans  Every time you put the Barbell or Wallball down, do 5 Burpees. Transitions between the movements count as well - also 5 Burpees.  TC: 14 min  WB Weight: 9/6kg Barbell Weight: 50/35kg  <i>Choose a Strategy and plan your breaks.</i>	EMOM 15:  1) 12-20 Cal Row 2) 10-15 Dual KB Snatch 3) 2-5 Wall Walks 4) Rest  WB Weight: 2x16/12kg	Crossfit Open 13.2  AMRAP 10  5 Shoulder-to-Overhead 10 Deadlifts 15 Box Jumps  Barbell Weight: 52/35kg Box: 24"/20"	For Time:  5 Rounds:  35 Double Unders 15 Toes-to-Bars 5 Overhead Squats  TC: 15 min  Barbell Weight: 50/35kg	AMRAP 10  3-6-9-12-15-...  Dual DB Thruster Chest-to-Bar Pull-Ups  DB Weight: 2x22,5/15kg	- Rest 5 min -  20:00 - 35:00 AMRAP (together) 9 sync. Hang Power Snatch 18 Partner Wallballs 36 Double Unders (each)  DB Weight: 2x22,5/15kg BB Weight: 35/25kg
	<b>Accessory</b>	4x8/8 KB Windmills	0:20 work, 0:10 rest for 10 Rounds (5 Minutes)  alt. between Hollow/Arch	6 Lanes of Barbell Bamboo Bar Overhead Carry	Accumulate 3min of Wall-Facing HS Hold.	5x20s Weighted Plank (Heavy)	<i>Scale Chest-to-Bar Pull-Ups with Pull-Ups or Jumping Chest-to-Bar.</i>