

# WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 50	Skill	Deadlift	Back Squat	Kipping	Power Clean	Pistol Squat
	Strength or Endurance		Man Maker		Wall Walk	Rope Climb
			<u>Back Squat:</u>		<u>Power Clean</u>	
			5-5-5-5-5		5-5-5-5-5	
	Workout	<u>E2MOM 36min.</u>	<u>For Time:</u>	<u>10 Rounds for Time:</u>	<u>8 Min. AMRAP</u>	<u>5 Rounds for Quality</u>
		12 Box jump	30 Man Maker	5 Deck Squat	4 Burpee Box Jump	2 Rope Climb
		10 Deadlift		6 Pull Up	4 Wall Walks	5/5 Pistol Squat
		60s. Ring Plank		7 Goblet Squat 24/16Kg		8/8 Med ball Rotational Slam
		30s.-45s. Chin up iso hold				
		2 Lines bear crawl				
		15 Kneeing Plate strict press				
	Mobility/Accessory	Core/Hip Stabi	Shoulder Stabi	Spine Mobi	Hip Mobi	Overhead Mobi