

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 51	Skill	Hollow Hold	double under	Overhead Squat	Burpee Pull Up	
	Strength or Endurance			Plank Variation 90s.-90s-90s-90s. Rest 90s.		
	Workout	15 Min Amrap 9 Overhead Swing 8 HR Push Up 7 Box Jump	<u>50-40-30-20-10</u> Double under Sit up Air Squat	<u>4 Rounds for Time:</u> 30m Farmer Carry pick load 30m Overhead Lunges pick load	<u>5 Rounds For Time</u> 10 Burpee Pull up 8/8 o.a DB Strict press 20 Split Jumps	<u>Christmas</u>
	Mobility/Accessory	Overhead Mobility	Shoulder Stabi	Spine Mobi	Hip Mobi	