

WOD Weekly Programming



	Schwerpunkt	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
KW 51	Strength or Endurance	<p><u>EMOM 20min</u></p> <p>20 DU</p> <p>4 Rope Climb</p> <p>10cal Row</p> <p>5 OH Lunges</p>		<p>5-5-5-5-5</p> <p>Clean&Press</p>		
	Workout	<p><u>10-8-6-4-2</u></p> <p>Burpee</p> <p>Front Squat 75% BW</p> <p>Toes to Bar</p> <p>KB Swings 24/16 Kg</p>	<p><u>5 Rounds For Time</u></p> <p>10 Burpee Pull up</p> <p>8/8 o.a DB Strict press</p> <p>20 Split Jumps</p>	<p><u>Amrap 10 min</u></p> <p>8 Box Jumps</p> <p>10 Jacknifes</p>	<p><u>EMOM 21min</u></p> <p>40s. Row/Bike</p> <p>12 Push up 2-0-1-0</p> <p>16 BB Step up Pick Load</p>	Silvester