

WOD Weekly Programming



		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
CW 5	Strength	E2:30M 4x6 Front Squat 70-80%	E2:30M 4x6 Deadlift 70-80%	E2:30M 4x6 Strict Press 70-80%	E2:30M 4x6 Back Squat 70-80%	E2:30M 4x6 Bench Press 70-80%	In Teams of 2: For Time: 6 Rounds:
	Metcon	For Time: 9 Overhead Squats 15 Front Squats 21 Back Squats - 1 Min Rest - 21 Back Squats 15 Front Squats 9 Overhead Squats TC: 9 min Barbell Weight: 50/35kg	For Time: 3 Rounds 20 Deadlifts 15 Chest-to-Bar Pull-Ups TC: 10 min Barbell Weight: 80/55kg	Crossfit Open 20.2 AMRAP 20 4 Dumbbell Thrusters 6 Toes-To-Bar 24 Double Unders Dumbbell Weight: 2x22.5/15kg	AMRAP 10 24 Single-Arm KB Hang Snatches 16 Wallballs 8 Offset Box-Step-Overs KB Weight: 24/16kg WB Weight: 9/6kg Box Height: 24"/20"	For Time: 30 Bar-Facing Burpees 30 unbroken Power Snatches - every time you break the Power Snatches, do 3 Bar-Facing Burpees - TC: 8 min Barbell Weight: 35/25kg	20 Wallballs 20 Box Jumps 20 Power Cleans 20 Shoulder-to-Overhead 20/15 Cal Row TC: 35 min WB Weight: 9/6kg Box Height: 24"/20" Barbell Weight: 45/30kg
	Accessory	10 Lanes Dual DB Farmer's Carry <i>Limiting factor are the OHS. Scale according to that (Weight should not be higher than 70% of your 1RM OHS). Movements are FROM THE FLOOR.</i>	Accumulate 3 Mins of Ring Plank Hold. <i>This will get grippy - save your grip by splitting your sets wisely.</i>	0:20 work, 0:10 rest for 10 Rounds (5 Minutes) alt. between Hollow/Arch <i>Open Workout - treat it as a Benchmark WOD. Note your Score. Scale with lighter DBs/KBs, hanging Knee Raises & 24 Single Unders.</i>	3x per Side: 15 Side Plank Pulses + 20sec Hold Rest as needed. <i>Box Step Overs while carrying the Medball AND the Kettlebell. Figure out what works best. Split KB Snatches Half Right, Half Left Arm (12/12).</i>	EMOM 10 1 Turkish Get-Up (per Side) <i>Focus on proper breathing during the Snatches, take rest overhead. Plan your breaks beforehand and stick to your plan.</i>	<i>One Athlete is working, one is resting - switch after every movement.</i>