

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-07-30

PONIEDZIAŁEK

EMOM 8'

Even. 15- 25" NEGATIVE PULL UPS

Odd. 20"-30" HOLLOW BODY

AMRAP 7'

10 DB SNATCHES (5 EACH SIDE)

14/10 CAL AAB

18 GOBLET SQUATS

3 SETS OF:

-20" ACTIVE HANG

-10 REV. SNOW ANGELS

-3/3 WINDMILL PLUS 1 REVERSE TGU

Wtorek dnia 2018-07-31

WTOREK

A. HS WALK PRACTICE ~ 10 min.

B. 8 min TABATA OF:

Double Unders

C. 8 min TABATA OF:

Hollow Rock

Plank

(switch them round by round)

Assesories:

D. 3 sets of

-20" OH KB hold

- 10"-30" ring hold

-3 wall climb

Środa dnia 2018-08-01

ŚRODA:

A. E6MOM FOR 30' (5 SETS)

- 500/400m Row

- 50 Du// 120 su

- 20 GHD sit UPS

- 10 one arm kb thrusters (5/5)

B. Mobility

Czwartek dnia 2018-08-02

CZWARTEK:

A. SKILL

* Handstand PushUps /Push Ups ~ 15 min

* Hollow bar postion ~ 10 min

B. Emom 12':

- 20"-30" I sit hold

- 8-10 x Pendlay Row

- 8x Box StepUps Left

- 8x Box StepUps Right

Piątek dnia 2018-08-03

PIĄTEK:

4 SETS OF:

A1: 3-5 ChinUps @525

A2: 20"-30" hs hold nose to wall

B. Amrap 12':

8 Burpees TT

10 Dual DB Hang Squat Clean

12 WBS

Assesories:

C. 3 sets of

- 4/4 dual Kb f.r bulgarian spilt squats

- 5 rev snow angels with weight

-10"-20" active hang