

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-08-20

A Crossfit Total

15 min to find 1 RM Back squat

15 min to find 1 RM Military Press

15 min to find 1 RM Deadlift

Wtorek dnia 2018-08-21

A Mobility - hamstrings and lower back

B Every 5 min for 25 min (5 sets)

25/20 kcal Row

15 GHD sit ups

20/15 push ups

Środa dnia 2018-08-22

A Snatch mobility drills

B Every 90 sek for 9 min (6 sets)

1 Snatch balance + 3 OHS

C Every 90 sek for 9 min (6 sets)

1 Hang Power Snatch + 2 OHS

D Every 90 sek for 9 min (6 sets)

1 Power Snatch + 1 OHS

Czwartek dnia 2018-08-23

A 4 sets of:

Strict PullUps 4-6 reps

Strict Military Press 6 - 8 reps

B EMOM 20

I - Assault Bike 13/9 kcal

II - 12 AKBS 24/16 kg

III - 8 Burpee to target

IV - Rest

Piątek dnia 2018-08-24

A Clean mobility + light drills

B 15 min to find today' heavy squat clean

C 3 sets for quality:

16 - 20 reverse lunges with barbell in front rack

10 strict toes to bar

10 - 12 reverse snow angels