

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-08-27

Poniedziałek

A.

In 15 minutes:

3 x 5 Hang Power Clean @40%

3 x 4 Hang Power Clean @50%

3 x 3 Hang Power Clean @60%

3 x 2 Hang Power Clean @70%

Then

Find a heavy single of Hang Power Clean

B.

8 sets x 0:20-0:30 Chin Over Bar Hang

Rest 1:30 between sets.

Assesories:

C.

Max unbroken set of GHD Situps

We consider the series to be finished when you are unable to maintain an equal
pace.

So it is not a typical max effort set, but more of the maximum series at an even, repetitive rate.

Wtorek dnia 2018-08-28

Wtorek

A.

Spend 10 minutes practicing T-shape Handstand

B.

Every minute, on the minute, for 28 minutes:

1: 20/15 Calorie Row

2: 6-8 Strict HSPU

3: 15 Burpees Over the Erg

4: 6-8 Strict Pull-Ups

Środa dnia 2018-08-29

Środa

A.

Warm up

2 x 5 reps Hang Snatch Pulls

2 x 5 reps Hang Muscle Snatch

2 x 5 reps Hang Power Snatch with pause

2 x 5 reps Hang Power Snatch with pause + OHS

2 x 5 reps Hang Squat Snatch

Use weight around 30% of your max in Snatch

B.

EMOM 20

1 Power Snatch

1 Low Hang Squat Snatch

1 Snatch Balance

Keep weights around 60% of your max in Power Snatch

C.

5 rounds

30 sec. Bent-Hollow Rocks

30 sec. Bent-Hollow Hold

Rest 1:00

Aim to go straight from the Rock into the Hold

Czwartek dnia 2018-08-30

Czwartek

A.

Back Squat

90% x 1

70% x 6

92,5% x 1

75% x 6

95% x 1

80% x 6+

2-3 min rest between sets

B.

ROW - Stroke Rate training

6 x 500m

with rest 2:00

Set 1: s/m 22

Set 2: s/m 24

Set 3: s/m 26

Set 4: s/m 28

Set 5: s/m 30

Set 6: flat out

Increase speed about 5-10 sec/500m, each time you change Stroke Rate.

Piątek dnia 2018-08-31

Piątek

A.

Strict Press

Set 1:

80% x 1

rest 90 seconds

80% x 3

rest 2 minutes

Set 2:

85% x 1

rest 90 seconds

85% x 3

rest 2 minutes

Set 3:

90% x 1

rest 90 seconds

90% x 3

rest 2 minutes

B.

EMOM 16

1: 6-8 Clean&Jerk @60/40

2: 16-20 Pistols alt.

C.

6-8 sets

10 Tuck Ups w/pause 2 sec

25% Max unbroken set of GHD Situps