

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-09-03

Back To School

A.

Strict Press Ladder:

5 x 80% 1 rmax

4 x 80-85% 1rmax

3 x 85-90% 1rmax

2 x 90% 1rmax

1 x 93-97% 1rmax

B.

For Time:

21-18-15-12-9

Row Kcal

American Kettlebell Swings

C.

3 sets of 30-40% max unbroken reps on GHD

Wtorek dnia 2018-09-04

A.

Barbell Complex of:

Full Hang Squat Clean + Front Squat

5 sets of heavy single

B.

Every 2 minutes for 20 minutes:

A. 20 walking lunges with db/kb

B. 15-20 seconds of I-sit hang

Środa dnia 2018-09-05

A.

Turkish Get-Up with Axle Bar

5 sets of single TGU each side (from easy to moderate)

B.

In teams of 3 complete ASAP:

1600m Run

1200m SKI

75 burpee box jump over

TC: 25 min

Czwartek dnia 2018-09-06

A.

Push Split Jerk (technique & drills)

B.

5 sets of heavy single Push Split Jerk >80-85% 1 rmax

C.

4 sets of 10 deadlifts (no TnG, no mix-grip, slow eccentric tempo, straps are ok)

4 sets of one-leg back extensions on GHD x 6-8 reps

Piątek dnia 2018-09-07

A.

5 supersets of:

Bench Press with pause (2 seconds just / above the chest) x 3-5

Pendlay Row x 6

B.

4 supersets of:

Weighted Dips x 4-6

Ring PullUps x 4 (pause at the top 2 seconds)