

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-09-10

A

Gymnastic Skills ~ 15 min

B

Every 5 min for 25 min (5 rounds):

3 rounds of Cindy / strict or competition style

Wtorek dnia 2018-09-11

A

20 min to find today' 1 RM Power Clean

B

3 sets of:

2-3 Clean Pulls @100-110% of 1 RM Power Clean

Rest 2-3 min

Środa dnia 2018-09-12

A

Back squat

10 x 50%

8 x 60 %

6 x 70 %

4 x 80 %

3 x 3 ~ 85 - 90 %

Rest 2-3 min

B

AMRAP 7' of:

75 Wallball shots

In remaining time burpee toes to bar

Czwartek dnia 2018-09-13

A

Handstand PushUps - skills and progression

B

EMOM 25`:

I - 5 Power Snatches

II - 10 kcal AAB

III - 5 HSPU

IV - 150 m RUN

V- Rest

Piątek dnia 2018-09-14

A

Double Unders - skills and progression

B

For Time:

150/120 kcal Row

300 DU

75 bar-facing burpees