

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-09-17

Poniedziałek

A.

5 sets x 1 min ON/1 min OFF

2 rounds of:

5 Thrusters @50kg/35kg

4 Bar Facing Burpees

In remaining time AMRAP of Toes to Bar

B.

4 RFQ

50 KB Swing @24/16 (try to go UNBROKEN)

ME UB Pinch Grip Plate Carry @2x15/10kg

10 Forearm Barbell Curls @20/15kg

Rest 2 minutes between sets

C.

EMOM 8:

1: 10-15 GHD Situps

2: 6-8 D-ball Clean @moderate weight

Wtorek dnia 2018-09-18

Wtorek

12 sets x 2 min ON/1min OFF

1. 20/15 cal SkiErg + Max Reps Wallball Shots
2. 20/15 cal AAB+ Max Reps KB Snatches
3. 20/15 cal ROW + Max Reps Burpees to Target
4. 200/150m RUN + Max Reps Front Rack Lunges

Środa dnia 2018-09-19

Środa

A.

Snatch Warm up

2 x 5 reps Overhead Squat w/pause 3 sec

2 x 5 reps 1.5 Overhead Squat

2 x 5 reps Snatch Pulls

2 x 5 reps Muscle Snatch

2 x 5 reps Power Snatch w/pause 3 sec at the bottom and the top position

2 x 5 reps Squat Snatch w/pause 3 sec at the bottom and the top position

Use empty barbell.

B.

Snatch

12 sets x 90 seconds

1: 70%

2: 75%

3: 80%

4: 75%

5: 80%

6: 85%

7: 80%

8: 85%

9: 90%

10: 85%

11: 90%

12: 95%

If you feel this is a good day try to go for PR!

Czwartek dnia 2018-09-20

Czwartek

A.

Back Squat heavy 5 reps

then...

3 sets x 5 reps @85-90% of heavy 5 reps

then...

1 set x max reps @75-80% of heavy 5 reps

B.

For Time:

10 Strict Press

15 OHS

20 Push Press

25 Front Squat

30 Push Jerk

35 Back Squat

@50/35kg

TC=12 min

Piątek dnia 2018-09-21

Piątek

A.

EMOM 25

- 1: 1-5 Strct Ring MU
- 2: 15-20 Wallball Shots
- 3: 5-15m Handstand Walk
- 4: 8-16 DB Snatches
- 5: 10-20 Pistols (alt.)

B.

GHD Situps

1 set x 70%

1 set x 60%

1 set x 50%

Rest as needed

Sobota dnia 2018-09-22

Sobota

Warm up

6x50m (kick/any drill by 25m) w/ 30sec rest

Main Set:

- 2x100m tempo increase by 25s (1st 25 slow, last 25 fastest) with 45sec rest
 - 30sec extra rest
 - 1x100m for time (max effort)
 - 50m easy
- 4x50m descending (#1 slowest, #4 fastest) with 35sec rest
 - 30sec extra rest
 - 1x100m for time (max effort)
 - 50m easy
 - 30sec extra rest
 - 1x100m for time (max effort)

100 cool down

Total= 1200m