

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-09-24

A. 5 sets of 6 deadlift ~ 60-70% 1rmax

No TnG (!)

C. Emom 16':

1. 6-8 barbell 'good morning'
2. 40s plank
3. 6-8 pendley row
4. 20-30s active hang

Wtorek dnia 2018-09-25

A. Snatch technique

Find 1 RM in complex:

1 snatch pull

1 Power snatch

1 squat snatch

B.

Emom 20'

30s on : 30s of:

1. Wallballs
2. Skierg
3. Burpees to Target

4. SDHP 24/16kg

5. Rest

Środa dnia 2018-09-26

A.

5 sets, every 3':

5 Double kb swing + 5 Double kb front squats

30s hollow

B.

Emom 16'

1. 30s side plank (15s L-15s R)

2. 30s reverse plank

3. 30s heavy chair position

4. 30s one hand pushup hold (15-15)

Czwartek dnia 2018-09-27

Amrap 35'

Teams of 2*:

750m row farmer hold (2 x kb / trap bar)

80 WBS

60 kcal airbike
40 russian swings
20 synchro burpees

*zmiany dowolne

Piątek dnia 2018-09-28

A.

Skill: handstand

B.

8 x 2 TGU*

*2 TGU ciągiem na daną stronę, przerwa ok 1'

C.

3sets:

10 ghd hip extension + 20-30s pause after last rep.