

## WORKOUT OF THE WEEK

# Poniedziałek dnia 2018-10-08

A.

5 sets of 5 deadlift:

1/ 5rm - 15-20%

2/ 5rm - 10%

3/ attack Your 5rm

4/ 5rm - 10%

5/ 5rm - 15-20%

No TnG.

B.

3 Rounds for Time:

750/ 650m ROW

10 GHD sit ups// 15 TTB

15 Russian Kettlebell Swing 24/16 kg

# Wtorek dnia 2018-10-09

A Every 5' fo 20 minutes:

- 6+6 F.R. Reverse lunges @ 20-40% 1RM F.squats
- 10-12 alternating step box with 2 DB's
- 5/5 cossack squats with plate

B. Amrap 10':

4/4 C&J one db@ 22/16

8 WBS

12 sit ups with medball @10//8kg

16 kcal (row / aab / ski)

## **Środa dnia 2018-10-10**

Each 2 minutes for 30 minutes:

1. 20/15 kcal row

2. 20 burpees TTB

3. 500/400m RUN

4. 30/21 aab kcal

5. 30-60" plank

## **Czwartek dnia 2018-10-11**

5 sets every 4':

-3 x Strict Press ~ 75% of 1rm Press

-3-6 strict pull ups

-8 Reverse snow angels with 2/1.5 kg

B.

For Quality:

4 sets of:

-4/4 bottom up kb press

-20-30 sec I-sit hold

-10-12 GHD back extensions

## **Piątek dnia 2018-10-12**

5 minute of:

20 seconds Max Out

40 seconds Rest

Rest 2`30``

1. Ski Erg

2. Thrusters 25/40 kg

3. Double Unders

4. AAB