

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-10-15

A

5 sets of 3 deadlift:

1/ 3rm - 15-20%

2/ 3rm - 10%

3/ attack Your 3rm

4/ 3rm - 10%

5/ 3rm - 15-20%

No TnG.

B Every 3 min for 15 min (5 rounds)

8 double kb deadlift 24/16

6 double kb clean

4 double kb push jerk

2 double kb thrusters

Wtorek dnia 2018-10-16

A 20 min to accumulate

30 strict pull ups

30 strict dips

30 strict t2b

rest 3 min

B 2 x AMRAP 4 min of

5 pull ups

5 dips

5 t2b

(kipping allowed)

rest between amraps 2 min

Środa dnia 2018-10-17

A 4000/3000 ROW

at start - 20 burpees

at min 5 - 30 wbs

at min 10 - 40 kbs

at min 15 - 20 burpees

at min 20 - 30 wbs

at min 25 - 40 kbs

tc. 30 min

Na podanych minutach, przerywam wioslowanie i wykonuje zlecone zadanie.

Czwartek dnia 2018-10-18

A Snatch mobility

B 3 sets of

5 Muscle snatch

4 sets of

3 Hang Power Snatch

5 sets of

2 Power Snatch

6 sets of

1 Squat Snatch

Piątek dnia 2018-10-19

A Gymnastic Skills ~ 15`

B 5 sets of

10 - 15 m SUPER HEAVY farmers carry (db, kb, trap bar)

rest 3-4 min

Assesories:

4 sets for quality of

10 Y-raises

10 reverse biceps curls

10 rotators cuff