

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-10-22

A.

In teams of two / alternating full rounds / complete five rounds each of:

10 Power Cleans

10 Shoulder to Overhead

10 Alternating Reverse Lunges

Rx: 50 kg / 30 kg

B.

Every 90 seconds for 12 minutes (2 sets of each):

Station 1 - 60 seconds of Reverse Snow Angels (slow & controlled)

Station 2 - 60 seconds of Side-Plank Hold (Left Side)

Station 3 - 60 seconds of Side-Plank Hold (Right Side)

Station 4 - 60 seconds of rest

Wtorek dnia 2018-10-23

A.

Skill: Snatch

B.

Every 2 min for 12 minutes:

Low Hang (Below The Knee) Power Snatch + Overhead Squat

C.

For Time:

60 kcal AAB

50 WBS 9/6 kg

40 kcal SKI ERG

30 PushUps

20 Dual Kb Hang Clean

Środa dnia 2018-10-24

A.

Skill: Ring Muscle Ups

B.

In team of two complete:

100 synchro burpee over the barbell

Czwartek dnia 2018-10-25

A.

Every two minutes, for 20 minutes (10 sets):

Hang Power Clean + Power Clean

Build to today's heavy complex.

B.

Every minute, on the minute, for 12 minutes (4 sets) of:

Minute 1 - 40 Double-Unders

Minute 2 - 12 Toes to Bar or GHD situps

Minute 3 - 10 heavy american kettlebell swings

Piątek dnia 2018-10-26

A.

Find 1Rm in Bench Press

B.

4 sets of:

A1: Incline Bench Press x 3-6

A2: Pendlay Row x 4-8

C,

For Quality:

4-5 sets of 3-5 heavy strict dips

4-5 sets of 4-6 ring pullups