

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-10-29

A.

25 minutes to find today 1Rmax Deadlift

B.

4 sets of:

A1: 10 weighted GHD Back Extensions

A2: 6-8 Nordic Curls @31X1

A3: Plank 30-40`

Wtorek dnia 2018-10-30

A.

Every 6 minutes for 30 minutes (5 sets):

20/14 Calories of Assault Bike

15 Burpee Box Jumps

250 Meter Row

20 Overhead Walking Lunges w/DB

Środa dnia 2018-10-31

A. Snatch Mobility and WarmUp

B. 5 sets of Barbell Complex:

Snatch Pull + Squat Snatch + Overhead Squat

C. EMOM 8`:

8 (Unbroken) Power Snatches

Czwartek dnia 2018-11-01

A.

Every 2 minutes, for 32 minutes (4 sets of each):

Station 1 - Bench Press x 6-8

Station 2 - Single-Arm Kettlebell Row x 8/8 reps

Station 3 - GHD situps x 10-16

Station 4 - Farmer Carry ~ 20-25 m

Piątek dnia 2018-11-02

A. Gymnastic WarmUp and Skills Practice

B. For Time:

1000 m ROW

Go For PR!