

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-11-05

PN

A

KB Clean - skill and warmup

B

Every 3 min for 12 min (4 supersets):

Floor press w/ kbs x 8-10

Gorilla row x 8-10

Every 3 min for 12 min (4 supersets)

Double kb press x 5

Chin ups x 5

Wtorek dnia 2018-11-06

WT

A 5 Sets of:

Back squat x 5

Rest 2 min

B EMOM 16 min:

12/8 kcal AAB

15 WBS

10 Burpees

Rest

Środa dnia 2018-11-07

ŚR

A 15 min to find:

heavy TGU w db

then:

Every 2 min for 6 min

TGU L+P (heavy)

B 4 rounds for time:

25 american kbs swings 24/16 kg

10 pull ups

400 m row

Czwartek dnia 2018-11-08

CZW

A Every 8 min for 40 min (5 sets)

400 m run

30/20 push ups

300 m SKI

20/15 t2b

Piątek dnia 2018-11-09

PT

A KB Snatch - skill and warmup

B Every 4 min for 24 min (6 sets) of

Left

5 1-arm kb swing

5 1-arm kb snatch

5 1-arm kb clean and jerk

Right

5 1-arm kb swing

5 1-arm kb snatch

5 1-arm kb clean and jerk

C EMOM 9

30 sek KB OH hold

30 sek Hollow body

30 sek Plank with hands on KB