

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-11-12

A. 5 sets, every 3':

6-8 double kb front squats

6-8 pullups

B. EMOM 16':

1. 20-40s pushup hold / PushUps Max Effort

2. 10-12 GHD situps

3. 40s side plank (20s L - 20s R)

4. Rest

Wtorek dnia 2018-11-13

Wtorek:

10' Snatch Mobility

A. 5 sets, every 2':

1 power snatch

1 OHS

1 squat snatch

1 OHS

B. 3 x (20s ON : 40s OFF) / 1 ' rest - MAX EFFORT

1. AAB
2. SKI
3. RUN
4. Row
5. REST

Środa dnia 2018-11-14

A. 5 sets, every 3':

4-6 heavy deadlift

10-12 single kb press (5/6L - 5/6R)

B. EMOM 12-16':

1. 9/6 ring dips // 15/12 pushups

2. 30s ring hold (15s top + 15 s bottom)

3. 15 heavy russian kb swing

4. 30s reverse plank

Czwartek dnia 2018-11-15

Czwartek:

Amrap 9':

400/300m row

10 burpee over the rower

20 goblet squats

Amrap 9':

20/15 cal AAB

40 DU's

20 american swing

Amrap 9':

20/15 cal ski

40 mountain climbing

20 shoulder to overhead (empty barbell 20/15kg)

Piątek dnia 2018-11-16

Piatek:

6 sets, every 2':

12 kb snatch (6L - 6 R) - try to increase weight if possible

10; to find heavy TGU (L + R)

EMOM 12':

1. TGU L

2. 30s active hang

3. TGU R

4. 30s heavy chair