

## **WORKOUT OF THE WEEK**

# **Poniedziałek dnia 2018-11-19**

Poniedziałek:

A. Mobility and Skill: Kettlebell Snatch

B. Find today` 1RM in One-Arm Military Press

C. AMRAP of:

20 One-Arm Kettlebell Snatches (10+10)

20 kcal ROW

Time Cap: 12 minutes

# **Wtorek dnia 2018-11-20**

Wtorek:

A. Every 7 minutes for 35 minutes:

20/15 kcal AAB

20 Front Squats

20m of Walking Lunges w/ dumbbells

# Środa dnia 2018-11-21

Sroda:

A.

Take 20 minutes to build today's heavy 2 reps of Push Press

B.

Five sets for max reps of:

45 seconds of Handstand Push-Ups

Rest 45 seconds

45 seconds of Double-Unders

Rest 45 seconds

# Czwartek dnia 2018-11-22

Czwartek:

A. Gymnastic WarmUp and Skills

B. 3 sets of 3 heavy reps of Strict PullUps

C. Every 2 minutes, for 18 minutes (3 sets each) of:

Station 1 - 4-8 Muscle-Ups

Station 2 - 15m of Handstand Walk or 30-45 seconds of Handstand Hold

Station 3 - L-Sit x 30-45 seconds

**Piątek dnia 2018-11-23**

Piatek:

A. Skill and WarmUp:

Pistol Squat Progression

and

3 sets of 3 (paused) Pistol Squat

B. 12` to find today` 1Rmax in Kettlebell Complex:

Dual Kettlebell Clean + Paused Front Squat (3 seconds at the bottom)

C. 3 sets of 5 heavy dual kettlebell front squat

D. Assesories:

Nordic Curls @ 31X1 x 6

Calves Rises x 15-20