

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-11-26

Poniedziałek

A.

6 sets x 1 min ON/2min OFF

8 Power Clean + ME STOCH @65% of 1 RM Power Clean

B.

For time:

“Duathlon”

1200/1000m RUN

1200/1000m ROW

C.

3 rounds for quality

10 DB Cuban Press

10 Prone Snow Angels

10 DB External Rotations

1:30 Rest

Wtorek dnia 2018-11-27

Wtorek

A.

Aerobic Warm up:

EMOM 10

Start with 5 burpees, increase 1 rep each round

B.

3 rounds for max reps

ME UB Double Unders

0:30 Rest

ME UB KB Swings @24/16kg

0:30 Rest

* If you end before 50% of your ME UB Double Unders then start again

C.

3-5 rounds

10 Hollow Rocks

10 V-ups

10 Tuck-ups

10 sec. Hollow Hold

Rest 1:00 between

Środa dnia 2018-11-28

Sroda

A.

EMOM 16

1: 3-5 Weighted Chin ups

2: 6 x 1-arm KB Press es

3: 10 GHD Situps

4: REST

B.

For tme:

60 Wall Ball @9/6kg

20 L Arm KB Snatch @24/16kg

20 R Arm KB Snatch @24/16kg

40 Wall Ball @9/6kg

15 L Arm KB Snatch @24/16kg

15 R Arm KB Snatch @24/16kg

20 Wall Ball @9/6kg

10 L Arm KB Snatch @24/16kg

10 R Arm KB Snatch @24/16kg

Czwartek dnia 2018-11-29

Czwartek

A.

Hang Snatch Pull + Hang Muscle Snatch

6 x 3 reps of (1+1)

B.

Power Snatch,

2 x 3 reps @ 75 - 80%

3 x 2 reps @ 80 - 85%

2 x 1 rep @ 85%+

rest as needed

* NOT TnG reps

Piątek dnia 2018-11-30

Piatek

A.

For time:

- 500 - 400 - 300 - 200 - 100 -

Meter Row

KB Front Rack Hold @2x 24/16kg

- Every time you break the hold -

6 Burpee over the erg

* So if the 500m Row takes you 1:55 you will hold the KB Front Rack for 1:55 in total, the faster you row - the less time you have to hold for

B.

TGU - 10 min of work

You're not allowed to stop, alternating hands.