

WORKOUT OF THE WEEK

Poniedziałek dnia 2018-12-10

Poniedziałek:

A. Back Squat - Mobility and WarmUp

B. 5 sets of:

A1: 4-6 Back Squats @ 3011

A2: Nordic Curls x 6-8 @ 31X1

C. Assesories:

Every 90 seconds for 12 minutes:

1: 8-10 Paused Hip Bridge

2: 4-6 Strict Toes To Bar

Wtorek dnia 2018-12-11

Wtorek:

A. Shoulder Mobility

B. In teams of two, with one partner working at a time, partners alternate rounds to complete as many rounds and reps as possible in 30 minutes of:

20 Kcal of Row
15 Heavy American Kettlebell Swings (32/24 kg)
10 Handstand PushUps

Środa dnia 2018-12-12

Sroda:

A. 5 sets of:

A1: 4-6 Narrow Grip Bench Press @ 31X1

A2: 8-10 Inverted Row

B. 12 min EMOM of:

- 1: Reversed Plank 30 seconds
2. Side Plank L 30 seconds
3. Side Plank R 30 seconds
4. Hollow Body 30 seconds

Czwartek dnia 2018-12-13

Czwartek:

A. Power Clean - WarmUp and Skill

B. In teams of two, alternating full rounds, complete five rounds each of:

10 Power Cleans (115/75 lbs)

15 Shoulder to Overhead (115/75 lbs)

20 Alternating Reverse Lunges (115/75 lbs)

Piątek dnia 2018-12-14

Piatek

A.

Four sets of:

90 seconds minutes of Rowing (for calories)

Rest 30 seconds

90 seconds of Double-Unders or Single Unders

Rest 30 seconds

60 seconds of Down & Ups

Rest 60 seconds

60 seconds of Light WallBall Shots 6/4 kg

Rest 60 seconds