

## WORKOUT OF THE WEEK

# Poniedziałek dnia 2018-12-17

A.

Hang Power Clean - skill and WarmUp

B.

Work Up to Today` heavy single in Hang Power Clean (~90% of Your 1rm)

Time Cap: 15 minutes

C.

Every 90 seconds:

1. Dual Kettlebell Front Squats x 6-8
2. Nordic Curls x 8-10
3. L-sit Hang x 20 seconds

Complete 3 rounds (for quality only)

# Wtorek dnia 2018-12-18

Wtorek:

A. Mobility and WarmUp

B. Conditioning

SKI ERG:

40 seconds ON / 40 seconds OFF

5 rounds

REST 3 min

ROW:

40 seconds ON / 40 seconds OFF

5 rounds

REST 3 min

AAB:

40 seconds ON / 40 seconds OFF

5 rounds

REST 3 min

TOTAL SCORE: KCAL

# Środa dnia 2018-12-19

A. Shoulder Mobility and WarmUp

B. 5 sets of:

A1: Dual Kettlebell Military Press x 6-8

A2: Strict Ring PullUps x 4-6

B1: Narrow Grip Bench Press @ 31X1 x 6

B2: Inverted Row x 8-12

C. 3 sets for quality of:

1 Turkish GetUp with dumbbell (each side)

10x Reverse Snow Angels with plates

# Czwartek dnia 2018-12-20

Czwartek:

In teams of 3 complete:

(one athlete working at one time)

1200 m RUN (3 x 400 m)

120 Wall Ball Shots 9/6 kg

120 Burpees To Target

120 American Kettlebell Swing 24/16 kg

# Piątek dnia 2018-12-21

Piątek:

A. Gymnastic Skills and WarmUp

B. Every 2 minutes for 20 minutes:

1. 10 meter of HandStand Walk
2. 4-6 Bar Muscle Ups
3. 1x Strict Rope Climb
4. 6-10 Strict Toes To Bar
5. 30 seconds of Weighted Hollow Hold (w/plate)