

## WORKOUT OF THE WEEK

# Poniedziałek dnia 2018-12-24

Poniedziałek:

A. 15 min for shoulder Mobility

B. 12 rounds for time of:

6 HSPU

12 kcal ROW

36 Double Unders

C. Every 2 minutes for 12 minutes:

1. 6 Strict Toes To Bar

2. 30/30 seconds of side plank

# Wtorek dnia 2018-12-25

Wtorek:

REST

# Środa dnia 2018-12-26

Środa:

A. 3 sets for quality of:

1 Moderate Turkish GetUp with barbell

1 minute ArmBar Hold (each side)

10 Reverse Snow Angels

B. For Time:

PART A: 150 kcal SKI ERG

PART B: in remaining time Run as far as possible

Time Cap: 16 minutes

## **Czwartek dnia 2018-12-27**

Czwartek:

1. 5 supersets of:

A1: Back Squat x 4-6 @ 31X1

A2: Strict Dips x 6 @ 31X1

2. Every 4 minutes for 20 minutes:

30 Wall Ball Shots

25/10 Push Ups

# Piątek dnia 2018-12-28

Piątek:

A. Every 8 minutes, for 32 minutes (4 sets):

20/15 kcal of Assault Bike (or 20/15 kcal of Ski Erg)

15 Dual Kettlebell or Dumbbell Hang Power Clean & Jerk

15 Down & Ups with KB/Db aside

600 Meter Run (or 900 Meter Row)

B. For Quality:

Collect 2 minutes of L-sit hold