

# WORKOUT OF THE WEEK

## Poniedziałek dnia 2018-12-31

PONIEDZIAŁEK - ostatni trening w 2018

## Wtorek dnia 2019-01-01

TEAM WOD or rest 1:1 between sets

4 rounds per person of :

9 DL

7 Hang Squat Cleans

5 Push Presses

30/20kg

Then

3 rounds per person of :

9 DL

7 Hang Squat Cleans

5 Push Presses

40/30kg

Then

2 rounds per person of :

9 DL

7 Hang Squat Cleans

5 Push Presses

50/35kg

Then

1 round per person of :

7 DL

5 Hang Squats Cleans

3 Push Presses

60/40kg

Then

Amrap 3 min of

7 DL

5 Hang Squat Cleans

3 Push Presses

70/45kg

Rest 3 minutes

Find your daily max in Hang Squat Clean

**Środa dnia 2019-01-02**

A.

Back Squat

3 sets x 10 reps @70-75%

B.

Power Snatch touch and go

8 rounds x 2:00

8 reps touch and go

@42,5/30

C.

3 Supersets of:

Bulgarian Split Squats x 10/10

KB Front Squats x 8

One-leg back extension x10/10

## **Czwartek dnia 2019-01-03**

4 rounds x 5 min of work

30 sec @easy

20 sec @moderate

10 sec @fast

3 min rest between rounds

RD 1: RUN

RD 2: ROW

RD 3: AAB

RD 4: SkiErg

# **Piątek dnia 2019-01-04**

A.

Military Press

5 sets x 5 reps @70%

B.

With 30/20kg barbell (very light but weighted) accumulate total of 20-25 reps

Push Jerks touch and go with pause in the (catch/dip) position.

C.

Death by Push Jerks touch and go

@52/34kg

# **Sobota dnia 2019-01-05**

Wpadajcie na WOD do Bartka na 10.00

Przywieźcie swoje dzieciaki na 11.00 do Michała.

Wpadnijcie na Endurance na 12.00!

# **niedziela dnia 2019-01-06**

Może dacie się namówić na TEAM WOD do Karoliny na 12.00?