

Table 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A.</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>CARDIO</b>	<b>STRENGTH</b>
	Hamstring smash - bar on rack T-spine	Overhead position Hip flexor	PVC pipe rack opener dead hang from rig	Couch stretch peck stretch on post	Pigeon stretch 2m each side down dog 1m	BURPEE DAY!	A. Back squat Build to a heavy set of 8 Then drop down to 80% of that set of 8 and perform 3x8 every 2 minutes
<b>B.</b>	<b>WEIGHTLIFTING</b>	<b>GYMNASTICS</b>	<b>WEIGHTLIFTING</b>	<b>GYMNASTICS</b>	<b>WOD1</b>	<b>TEAM WOD</b>	
	Deadlift Breakdown 20m or work  Focus - start position - control off the ground - tight core and back angle - use plate under the bar to raise the floor up if needed	15m of work Handstand push ups 5/10 reps Bent over rows 20 walking lunge steps	Power clean + Push press + power jerk - to a technically perfect heavy in 15m - you have to perform 3 solid sets on each weight before increasing the load.	15m of work 5/10 strict pull ups / chest to bar 3/5 wall walks 30s arch hold	12m AMRAP 9 wallballs 6 pull ups 3 Power cleans 40/30	BURPEE DAY!	B. 5x 12 RDLs at a light weight no more than 40/50% of your deadlift. 20m walking lunges (as weight if possible)
<b>C.</b>	<b>AMRAP (low skill)</b>	<b>FOR TIME</b>	<b>TEAM</b>	<b>FOR TIME</b>	<b>WOD2</b>		
	3m on 1m off x5 10 air squats 5 push ups 10 KB swings 5 down ups	10,9,8,7,6,5,4,3,2,1 hang power snatch between each set complete... 30 double unders 15 air squats	In a team of 3  6m max cal row 5 recovery pace down ups after each effort  1m rest  6m max effort clean and jerk 42.5/30 10 air squats after each effort  1m rest  x2	400m run 30 thrusters 50/35 400m run 30 chest bar pull ups / pull ups / jumping chest to bar 400m run	For time:  30/20/10 Air squats KB swings  30 burpees	<b>BARBELL</b> BURPEE DAY!	FINISH  3x max effort hollow holds 30s rest between sets
		<b>CARDIO</b>	<b>BARBELL</b>	<b>CARDIO</b>			<b>KEY</b>
		10 Rounds for time (30minute cap)  10 thrusters 10 burpees 30 double unders  MIDLINE to finish	Snatch complex 1 snatch pull 1 power snatch 1 hang squat snatch 1 squat snatch  ABS!	30x EMOM  1. 40s cal row 2. 40s bear crawl 3. 40s walking lunges 4. 40s cal ski 5. 40s shuttle run			KB = Kettle bell DB = dumbbell STOH = shoulder to overhead AMRAP = as many rounds as possible WOD = workout of the day EMOM = every minute on the minute T2B = toes to bar C2B = chest to bar pull ups HSPUs = handstand push ups HSW = handstand walk GTOH = ground to overhead

Table 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A.</b>	<b>MOBILITY</b> Hip opener Ankle mobility	<b>MOBILITY</b> Overhead stretch (hands on box)	<b>MOBILITY</b> Hip opener	<b>MOBILITY</b> Banded overhead stretch	<b>MOBILITY</b> Hamstrings	<b>CARDIO</b> Numbers depending	<b>STRENGTH</b> A. Deadlifting 5x8 90s rest between sets 5 high box jumps after each set
<b>B.</b>	<b>WEIGHTLIFTING</b> Back squat 12/8/6/4/2/4/6/8/12	<b>GYMNASTICS</b> Strict pull ups 1 Max effort set 3 more sets at 50% of that max set 3x 5/15 kip swings	<b>WEIGHTLIFTING</b> Power clean to a heavy 5 (touch and go) 15m window	<b>GYMNASTICS</b> Handstand push ups - handstand hold again to wall - negatives - kipping drill - Strict shoulder press (DBs) Push ups - 5x max effort sets - use a box or bar to be able to hit more than 20 on the first set	<b>WEIGHTLIFTING</b> 5x 12 RDLs 20 walking lunge steps 2m rest	<b>TEAM WOD</b> 30m Cap (in teams of 3) 60 wallballs 200m run (each) 60 wallballs 60 KB swings 200m run (each) 60 wallballs 60 KB swings 60 toes to bar / toes to post 200m run each 60 wallballs 60 KB swings 60 toes to bar / toes to post 60 burpees	B. 4x max effort strict press (barbell @50%) max effort bet over rows 2x DB/KB max effort push ups 1m sit ups /v ups 2m rest
<b>C.</b>	<b>AMRAP (low skill)</b> 5m AMRAP 3,6,9,12,15.... shoulder to overhead over bar burpees 2m Rest 5m AMRAP 14 over bar hops 10 DB snatch	<b>FOR TIME</b> 3 Rounds 50 air squats 40 KB swings (russian) 20/12kg 30 push ups 20 lunges 10 burpees	<b>FOR TIME 10m CAP</b> 75 power cleans 50/35 EMOM 20/30 double unders	<b>TEAM OF 2</b> 5m AMRAP 20 down ups 30 KB swings 20 box jumps 5m AMRAP 20 cal row 30 wallballs 20 push ups 5m AMRAP 200m/200m run while one person is running the other is in a wall sit.	<b>20m AMRAP</b> 3 clean and jerks 60/42.5 5 pull ups 10 push ups 15 air squats	<b>BARBELL</b> BACK SQUAT POWER CLEANS ACCESSORY	FINISH Midline <b>KEY</b> KB = Kettle bell DB = dumbbell STOH = shoulder to overhead AMRAP = as many rounds as possible WOD = workout of the day EMOM = every minute on the minute T2B = toes to bar C2B = chest to bar pull ups HSPUs = handstand push ups HSW = handstand walk GTOH = ground to overhead
		<b>CARDIO</b> 5m row 5m 20m walking lunge / 15 push ups 5m bike 5m 20m bear crawl / 10 ring rows 5m run 5m 5 burpees / 10 box jumps	<b>BARBELL</b> HANG SNATCH ACCESSORY	<b>CARDIO</b> 30x EMOM 1. 40s cal row 2. 40s down ups 3. 40s walking lunges 4. 40s cal ski 5. REST			

Table 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A.</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>CARDIO</b>	<b>STRENGTH</b>
	Rack position	Dead hang Active shoulders banded straight arm pull downs	T spine lat	overhead position Lats / chest	Overhead position	Numbers depending	A. Push press 6x6 build to a challenging weight and perform all 6 sets at the same weight. 90s rest between sets
<b>B.</b>	<b>WEIGHTLIFTING</b>	<b>GYMNASTICS</b>	<b>WEIGHTLIFTING</b>	<b>GYMNASTICS</b>	<b>POWER</b>	<b>TEAM WOD</b>	
	Clean and jerk EMOMx12 3-1 reps	Toes to bar work - Kip swing break down - kipping knee raises - toes to post - hollow hold	Front squat 10,9,8,7,6,5,4,3,2,1 Aim is to increase the weight with each set.	Handstand walking practice	Power jerk 5,5,4,4,3,3,2,2,1,1	A. 10RM deadlift B. 15m AMRAP 20 deadlifts 20 box jumps 20 sit ups 20 push ups	B. 5x 10 deadlifts 12 step ups on each leg (weighted if needed) 30-60s plank hold 90s rest medium weight on the deadlift. GOOD control at all times on the bar
<b>C.</b>	<b>AMRAP</b>	<b>AMRAP</b>	<b>FOR TIME (10m CAP)</b>	<b>FOR TIME</b>	<b>TEAM OF 3</b>		
	2m on 1m off (on each couplet) 5 toes to bar 5 down ups 5 clean and jerk 10 bar hops 10 wallballs 10 air squats 2 rounds 18m TOTAL	21/15/9 toes to bar 12/9/6 high box jumps 9/7/5 wall walks 7/10- RPE	KB HELL 6 rounds 10 KB swings 10 goblet squats 5 KB STOJ on each arm 10 step out lunges 10 over KB burpees	21/15/9 power snatch pull ups	100 power jerk 75 power cleans 50 front squats		
		<b>CARDIO</b>	<b>BARBELL</b>	<b>CARDIO</b>		<b>BARBELL</b>	
		40m AMRAP 800m run 80 air squats 40 push ups 400m run 40 wallballs 20 pull ups / jumping pull-ups 200m run 20 goblet squats 24/16 10 burpee box jump overs	SPLIT JERK POWER CLEAN AND PUSH PRESS + POWER JERK	30x EMOM 1. 40s row 2. 40s over bar burpees 3. 40s ski hit good numbers in the first round and then work hard to hold those numbers		SNATCH COMPLEX ACCESSORY	<b>KEY</b> KB = Kettle bell DB = dumbbell STOH = shoulder to overhead AMRAP = as many rounds as possible WOD = workout of the day EMOM = every minute on the minute T2B = toes to bar C2B = chest to bar pull ups HSPUs = handstand push ups HSW = handstand walk GTOH = ground to overhead

Table 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A.</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>MOBILITY</b>	<b>CARDIO</b>	<b>STRENGTH</b>
	Overhead position test - stretch - re test	Ankle mobility	Banded overhead position (on rig)	Hamstrings	Overhead position. Banded lat stretch pec stretch on post	Numbers depending	A. Front squats 6x4 90s rest build to a heavy weight before you start your first set. aim to do all sets within a few KG
<b>B.</b>	<b>WEIGHTLIFTING</b>	<b>GYMNASTICS</b>	<b>WEIGHTLIFTING</b>	<b>GYMNASTICS</b>	<b>SKILL DAY</b>	<b>TEAM WOD</b>	<b>B.</b>
	overhead squat - From the rack - 5x5	14x EMOM 1. pull ups 2. wall walks /handstand practice time!	BARBELL WORKOUT (FOR QUALITY AND WEIGHT) 10/1 Power cleans Power jerk 20m cap	3x 10 ring rows 20 shoulder taps (wall/prone) 30 walking lunges 3x 10 strict press 20 bent over rows 20m bear crawl 60s rest	Double unders Ring/Bar muscle ups High box jumps	20m AMRAP in a team of 3 30 clean and jerks 60 over bar burpees 90 wallballs 10 cap to build to a heavy clean and jerk	10/1 strict press bent over rows 20/2 walking lunges with weight if possible 20m cap
<b>C.</b>	<b>AMRAP</b>	<b>TEAM (of 2)</b>	<b>FOR TIME (12m CAP)</b>	<b>EMOM</b>	<b>AMRAP</b>		<b>FINISH</b>
	10m 5 hang power snatch 30 overhead squats 5 over bar burpees	5 rounds 30 box jumps 30 wallballs 30 KB swings 24/16kg	800m run 100 air squats 600m run 75 air squats 400m run 50 air squats 200m run 25 air squats	15xEMOM 1. Row / Bike 2. toes to bar 3. walking / jumping lunges 40s on 20s off on each movement	14m Ladder 10/20/30/40/50... Double unders 5,10,15,20,25... pull up 5,10,15,20,25... push press	<b>BARBELL</b> Clean and jerk complex accessory work	ABS!!!!
		<b>CARDIO</b>	<b>BARBELL</b>	<b>CARDIO</b>			<b>KEY</b>
		10m EMOM 1. cal ski 2. box jumps	Back squat 5x5 Power snatch + hang squat snatch EMOM	30m AMRAP 400m run 30 power cleans 35/25			KB = Kettle bell DB = dumbbell STOH = shoulder to overhead AMRAP = as many rounds as possible WOD = workout of the day EMOM = every minute on the minute T2B = toes to bar C2B = chest to bar pull ups HSPUs = handstand push ups HSW = handstand walk GTOH = ground to overhead
		10m EMOM 1. cal row 2. over rower burpees					
		10m EMOM 1. cal bike 2. push ups					
		40s work 20s rest on each					