Table 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.	**WEIGHTLIFTING**	**GYMNASTICS**	**WEIGHTLIFTING**	**GYMNASTICS**	**POWER**	**TEAM WOD**	**STRENGTH**
	Snatch	15m of work	Split jerk	5x	10 minutes to establish	In a Team of 3	Front squat
	30m of work	1-3 rope climb	30m of work	10 ring rows	a 3RM touch and go Power snatch	10m AMRAP	5x5 70%
	full break down.	5-15 push ups	positional break down	10 strict press		30 power clean	2m rest between sets
	start with the overhead squat	5 high box jumps (you have to jump)	back to basics	30s hollow hold		30 over box jams	
			don't go heavy aim to move better	20 walking lunges		30 push ups	Push press
							6x4
						10m AMRAP	60s rest between
B.	**AMRAP (low skill)**	**TEAM (of 2)**	**FOR TIME (12m CAP)**	**AMRAP**	**FOR TIME**	30 wallballs	
	8m	for time 18m cap	3x	3m	10 rounds each (in a pair)	30 deadlifts	ARMS!
	10 plate GTOH	400m run	10 deadlifts 80/60	Max effort hang power clean and jerk	3 power snatch	30 sit ups	bicep curls 3x 10+
	5 burpee onto plate	50 DB snatch 1x 22.5/15kg	30 double unders	every break = 5 over bar burpees	15 wallaballs		tricep extensions (banded) 3x 20+
	12 plate overhead lunges (or on traps)	400m run	3x	1m rest			
	20 plate jumps	50 DB/KB STOH 2x 22.5/15kg	10 HSPUs /20 push ups	3m AMRAP		**CARDIO**	
	GO HARD!!!	400m run	30 double unders	5/10 pull ups		number depending	
		100 step out front rack lunges 2x 22.5/15kg		20 air squats			
		400m run		1m rest		**BARBELL**	
				3m AMRAP		Clean and jerk	
				15 KB swings			
						Pressing /bench	
							KEY
							KB = Kettle bell
							DB = dumbbell
		CARDIO	**BARBELL**	**CARDIO**			STOH = shoulder to overhead
		10m Bike	Hang power snatch	5m row			AMRAP = as many rounds as possible
		E2minutes 10/20 push ups					WOD = workout of the day
		10m ski	Pulling	5m AMRAP			EMOM = every minute on the minute
		E2minutes 10 wallballs		5 down ups			T2B = toes to bar
		10m row		10 KB swings			C2B = chest to bar pull ups
		E2minutes 15 sit ups					HSPUs = handstand push ups
				5m ski			HSW = handstand walk
		straight through. 30m total.					GTOH = ground to overhead
				5m AMRAP			
				10 wallballs			
				10 sit ups			
				5m bike			
				5m AMRAP			
				20 walking lunges			
				20m bear crawl			
				5m Run			
				35m on the clock			
				no rest between			