

	Monday 16	Tuesday 17	Wednesday 18	Thursday 18	Friday 20	Saturday 21
WARM UP	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP	WARM UP
	2 ROUNDS RUN 200M 20 RING ROWS 20 HOLLOW ROCKS	AMRAP 5 5 PULL UPS 10 PUSH UP 15 AIR SQUATS	COACHES CHOICE	AMRAP 3 BURPEES	4 x HIP COMPLEX	P360 WARM UP
MOBILITY	MOBILITY	MOBILITY	MOBILITY	MOBILITY	MOBILITY	MOBILITY
	TRIGGER POINT SOLEUS/CALVES	FOAM LAT DORSI ROLL	A.O.R	-	QUAD SMASH/ SAMSON STRETCH	SHOULDERS
SKILL	SKILL	SKILL	SKILL	SKILL	SKILL	SKILL
	BARBELL COMPLEX/KB DEADLIFT/KB CLEANS	HOLLOW ROCK / V SIT / DISH HOLD	SNATCH COMPLEX (PS,HPS,HHPS,OHS) / SUPER BEAR COMPLEX (2PC, 2FS,2PP,2BS)	SKIN THE CATS	7 x 2 BS HEAVY !!!	PRESS COMPLEX 3PP - 2PJ - 1SJ
S+C	S+C	S+C	S+C	S+C	S+C	S+C
A	5 x 5-5-5 (5 DEADLIFT - STIFF LEG DEAD - UPRIGHT ROW) PLEASE USE A COMFORTABLE WEIGHT ALL MOVEMENTS WITHOUT PUTTING BAR DOWN	EMOM 9 MIN 1-10 HOLLOW ROCKS MIN 2 - 10 V SITS MIN 3 - 30 SECOND DISH HOLD	FIND 2 RM SNATCH COMPLEX	3 x 3 SKIN THE CATS	WIDOW MAKERS (20 SPEED SQUATS(80% 1RM))	FIND 1RM COMPLEX
B	EMOM 10 - SINGLE KETTLEBELL 24/16 4 DL 4 RKB SWING 4 CLEANS RIGHT 4 CLEANS LEFT	AMRAP 20 5 PULL UP 10 PRESS UPS 15 AIR SQUATS	EMOM 8 - SUPER BEAR (50/30)	LADDER 3-6-9-12 ETC 20 MINS BOX JUMP, WALLBALL		FOR TIME 50 DOUBLE UNDERS 100 ABMAT SIT UPS 50 DOUBLE UNDERS
C			MAX PLANK HOLD			
FOCUS						
NOTES						