

Weapons August 2016

<b>Monday 01-08-16</b>					
<b>Activation</b>	Glutes-Clamshell Side Plank	3x8 each side		30sec rest	
	20in box Lateral Step Up, Use foot of floor least as possible	3x12	@3010	60sec rest	
<b>A</b>	15min to complete: Power Snatch + Overhead Squat (3 sec hold in bottom) - 2+1	6x [3,3,3,3,3]		Rest as needed	
<b>B</b>	12min E2MOM of: Power Jerk + Jerk - 2+1	6x [3,3,3,3,3]			
<b>C</b>	10min EMOM of: even: Snatch Balance (3 sec hold in bottom) odd: 4 Box Jump, Step Downs				
<b>Map 2</b>		1m	1m	1m	1m x4
	Thrusters 42.5/30		Pull Ups		
<b>Sunday 07-08-16</b>					
<b>Activation</b>	Banded Pull Aparts	3x15		30sec rest	
	Banded Push Up Retraction	3x15		60sec rest	
<b>A</b>	15min to complete: Power Clean + Power Jerk - 2(1+1)	6 x [4,4,4,4,4]		Rest as needed	
<b>B</b>	16min E2MOM of: min 0,4,8,12: Push Press	4x 3-5			
	min 2,6,10,14: Ring Pull-ups	4 x 3-8	@21x1		
<b>C</b>	8min E2MOM of: Pause Front Squats @65%	4 x [2-3]	@3311		
<b>Ana LP 2</b>	4 sets of: 20cals Airfit, 10 burpees			3mins between sets	
	4 sets of: 10 cal's Rower, 10 TTb			3min between sets	
<b>Monday 08-08-16</b>					
<b>Activation</b>	Hip Tilts	3x20		30sec rest	
	Lying Lateral Leg Raise	3x20		30sec rest	
<b>A1</b>	12min to complete: Power Snatch	5x1.1.1			
<b>B</b>	16 min E2MOM of : Thruster 0,4,8,12,	4x3-5			
	2,6,10,14min, Rope Climbs	4x3			
<b>Map 2</b>		1m	1m	1m	1m x4
	Squat Cleans 62.5/45		Ring or Bar Dips		
<b>C1</b>	Trap 3 Raise	3x10-12	@3010	30sec rest	
<b>C2</b>	KB Side Bend	3x 20 per side		60sec rest	
<b>Sunday 14-08-16</b>					
<b>Activation</b>	Glutes-Clamshell Side Plank	3x8 each side		30sec rest	
	20in box Lateral Step Up, Use foot of floor least as possible	3x12	@3010	60sec rest	
<b>A</b>	15mins to complete: Power Clean & Push Jerk (1+1)			Rest as needed	
<b>B</b>	16Min E2MOM of: Ring Dips, 0,4,8,12min	4x 6-10			
	TTB, 2,6,10,14min	4x 6-12			
<b>C</b>	8min E2MOM of: Pause Front Squats @65%	4 x [2-3]	@3311		
<b>Ana L End 1</b>	3sets of: 150m row, 15 RKBS, 15BJ			3min between sets	
	3 sets of: 200m run, 15 burpees, 50 du's			3min between sets	

<b>Monday 15-08-16</b>					
<b>Activation</b>	Banded Pull Aparts	3x15	30sec rest		
	Banded Push Up Retraction	3x15	60sec rest		
<b>A</b>	12mins to complete: Power Snatch + Snatch Balance + Overhead Squat (1+1+1)			Rest as needed	
<b>B</b>	12Min E2MOM of: Rope Climbs	6x3		Rest As Needed	
<b>C</b>	12Min E2MOM of: BB Alt Lunges 0,4,8min	3x6-8			
	HR Push Ups 2,6,10min	3x10-12			
<b>Map 2</b>		1m	1m	1m	1m x4
	Deadlifts 102.5/80		HSPU/HR Push up/ P Bar headstand push up		
<b>C1</b>	DB ext. Rot	3x10-12	@3010	30sec rest	
<b>C2</b>	Hollow Hold	3x 45sec		60sec rest	
<b>Sunday 21-08-16</b>					
<b>Activation</b>	Hip Tilts	3x20	30sec rest		
	Lying Lateral Leg Raise	3x20	30sec rest		
<b>A1</b>	15mins to complete: Power Clean+Split Jerk (2+2)			Rest As Needed	
<b>B</b>	22min E2MOM 0,6,10,16min- Back Squat	4x 3-5	@20x0		
	2,6,12,18min- Push Press	4x 6-8			
	4,8,14,20min- TTB	4x 6-10			
<b>Ana L END 2</b>					
	2 sets of: 100m run, 20AKBS, 100m run, 20 AKBS, 100m run			3 min between sets	
	2 sets of: 150m row, 10 burpees over erg, 150m row 10 burpees over erg, 150m row			3min between sets	
<b>Monday 22-08-16</b>					
<b>Activation</b>	Glutes-Clamshell Side Plank	3x8 each side		30sec rest	
	20in box Lateral Step Up, Use foot of floor least as possible	3x12	@3010	60sec rest	
<b>A</b>	15mins to complete: 1rm Power Snatch			Rest As Needed	
<b>B</b>	16min E2MOM of: 0,4,8.12min Snatch Balance (3)	5,4,3,2,1,			
	2,6,10,14min, Rope Climbs	4x5			
<b>WODs</b>	Diane	8-10min rest	Fran or Elizabeth		
	21-15-9 Deadlifts 102.5/80 HSPU		21-15-9 Thrusters 42.5/30 Pull Ups  21-15-9 Squat cleans 62.5/45 Ring Dips		
<b>Sunday 28-08-16</b>					
<b>Activation</b>	Hip Tilts	3x20	30sec rest		
	Lying Lateral Leg Raise	3x20	30sec rest		
<b>A</b>	15mins to complete: 1RM Power Clean			Rest as Needed	
<b>WOD</b>	Murph-1mile Run, 100 Pull Ups, 200 Push Ups, 300 Air Squats, 1mile Run				