

| The Isometric Pause Cycle: Phase 2 | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|---|--|--|--|
| | | 20/06/16 | 21/06/16 | 22/06/16 | 23/06/16 | 24/06/16 | 25/06/16 | 26/06/16 |
| | | Olympic | Pull | Squat | Gymnastics | Olympic | Push | Deadlift |
| Week 8 | | <p>Warm up / Mobilize 12mins</p> <p>Muscle cleans 5</p> <p>High pulls 5</p> <p>High hang clean 5</p> <p>Squat clean with pause at bottom 5</p> <p>Push / Split Jerk 5</p> | <p>Warm up / Mobilize 10mins</p> <p>Weighted shoulder dislocates</p> <p>Scapula presses ups 10</p> <p>Hanging shrugs 10 band pull aparts 20</p> <p>band flys 20</p> | <p>Warm up / Mobilize 10mins</p> <p>Thoracic mobility drills</p> <p>wall squat 5 Goblet squat 10 bottom squat mid band pulls 10</p> | <p>See Blog post and GYM board for Gymnastics</p> | <p>Warm up / Mobilize 12 mins</p> <p>Shoulder and hip mobility</p> <p>Muscle Snatch 5</p> <p>High hang snatch 5</p> <p>OH squat 5</p> <p>Snatch balance 5</p> <p>Snatch 5</p> | <p>Warm up / Mobilize 10mins</p> <p>Shoulder mobility</p> <p>scapula presses 10</p> <p>Hanging shrugs 10</p> <p>Band pull aparts 10</p> <p>Band flys 10</p> | <p>Warm up / Mobilize 10 mins</p> <p>Banded RDL x10 Hip bridges x10 RKB swings x10 Heavy</p> |
| | | <p>PART A. 18min E3MOM (5sets) of:</p> <p>C/P 1x Squat / power clean 1x power /split jerk</p> <p>F 3xpower cleans 3x push press</p> <p>PART B. 18mins E2MOM (6 sets)of:</p> <p>Clean complex @ 60%+A</p> <p>C/P 1 rep of every movement DL, Power clean, front squat, push jerk, split jerk</p> <p>F 3reps DL, Power clean, front squat, Push press</p> | <p>PART A. 16min E2MOM (4sets) of:</p> <p>min: 0,4,8,12:</p> <p>Dead Hang Pull-ups, C 3-4 3210</p> <p>P/F 3-4</p> <p>Weighted Pause</p> <p>Eccentric Pull-ups, 3sec pause with chin over the bar, 3sec pause at 90* elbow bend.</p> <p>min: 2,6,10,14:</p> <p>Band pull aparts x20</p> | <p>PART A. 15min E3MOM (5sets) of:</p> <p>[2-3] Pause Front Squats, 3310, @75-80% of FS</p> <p>-</p> <p>PART B. 16min E2MOM (4sets) of:</p> <p>min: 0,4,8,12:</p> <p>5-7 Standing Good Mornings or V sits, 3010</p> <p>min: 2,6,10,14:</p> <p>6-8 DB/KB Heel Elevated Hack Squats, 30x0</p> | | <p>PART A. 18min E3MOM (5sets) of:</p> <p>C/P 2x Squat Snatch</p> <p>F 5xhigh hang power snatch</p> <p>-</p> <p>PART B. 18mins E2MOM (6 sets)of:</p> <p>Snatch complex @ 60%+A</p> <p>C/P 1 rep every movement</p> <p>DL, snatch, power snatch, OH squat</p> <p>F 2 reps each movement</p> <p>HaultingDL ,power snatches</p> | <p>PART A. 12min E2MOM (6sets) of:</p> <p>Halting bench-Press* @75-80% of BP</p> <p>C 3-6 2212</p> <p>P/F 5-7 2212</p> <p>-</p> <p>*Pause for 2sec at the bottom bottom position and at the lockout of each repetition</p> <p>-</p> <p>PART B. 12min E2MOM (3sets) of:</p> <p>min: 0,4,8:</p> <p>5-7 paused dips / P bar press ups 22x0</p> <p>min: 2,6,10:</p> <p>6-8 BB Penlay Row, 31x0</p> | <p>PART A. 15min E3MOM (5sets) of:</p> <p>Stationary Deadlifts, 3310, @75-80% C/P (3-4)</p> <p>F (5-7)</p> <p>-</p> <p>No touch and go repetition, each repetition must start for a stationary position.</p> <p>-</p> <p>Part B. 8mins E2MOM (4sets) of:</p> <p>KB/DB walking lunges 20 reps (heavy)</p> |
| | Energy System Work / WOD | | | | | | | |
| | <p>4mins AMRAP</p> <p>KB goblet squat (medium) and HR press ups ladder 1>?</p> | <p>25mins 2 rounds for time</p> <p>Run 400- 50 pull ups</p> <p>Run 400- 50 wall balls (arms only)</p> <p>Run 400 - 50 double KB / DB renegade rows</p> | <p>10mins 3 Rounds for time of:</p> <p>21 Wallballs 9/7</p> <p>14 T2B / K2E / v sit</p> <p>7 Deadlifts 120/90</p> | | <p>4 mins AMRAP</p> <p>RKB swings (heavy) and C2B / ring row ladder 1>?</p> | <p>25min teams 3 as far as you can go on the rower.</p> <p>Row 500mtrs</p> <p>5 double KB / Db thrusters (moderate) as soon as rower is clear you can start</p> | <p>12mins AMRAP</p> <p>working with a partner YGIG</p> <p>20DU / 40 singles</p> <p>10 GTOH 45/30Kg</p> | |