

The 1 1/4 Cycle: Phase 3		Monday 26/06/16	Tuesday 27/06/16	Wednesday 28/06/16	Thursday 29/06/16	Friday 30/06/16	Saturday 01/07/16	Sunday 02/07/16
		Deadlift	Olympic	Push	Gymnastics	Squat	Olympic	Pull
Week 9		Warm up / Mobilize 10 mins Banded RDL x 10 Hip bridges x 10 RKB swings x 10	Warm up / Mobilize 12 mins Shoulder, hip and thoracic mobility Muscle Snatch 5 High hang snatch 5 OH squat 5 Snatch balance 5 Snatch 5	Warm up / Mobilize 10mins Shoulder dislocates / circles / presses 3x10ea Band mid rows 10 Press up 10	See Blog post and GYM board for Gymnastics	Warm up / Mobilize 10mins Hip and squat mobility Wall squat 6 Golbet squat 8 Air squats 10	Warm up / Mobilize 12mins Muscle cleans 5 High pulls 5 High hang clean 5 Squat clean with pause at bottom 5 Push / Split Jerk 5	Warm up / Mobilize 10mins Weighted shoulder dislocates Scapula press ups 10 Hanging shrugs 10 Band pull aparts 20 Band flies 20
		PART A. 12min E2MOM (5sets) of: Deadlifts, 2121, @70-75% C/P 5-6 F7-9 on min 12reset bars to 60%max and do 20 DL with control for time. Part B. 12 mins EMOM 8 x alt legs FFE 1 1/4 split squats	PART A. 18min E3MOM (5sets) of: C: 2x Squat Snatch P/F: 4 Power Snatches - PART B. 16mins E2MOM (8 sets)of: odd minutes 0,4,8,12 C/P: 3x Power snatches F: 6x high hang power snatches @ 60%A even minutes 2,6,10,14 3x OH squats or 9xHeavy goblet squats	PART A. 15min E3MOM (5sets) of: 1 1/4 Bench press @70-75% of BP C 5-6 2212 P/F 7-9 2212 - PART B. 16min E2MOM (4sets) of: min: 0,4,8,12: 8-10 Seated OH press, 1010 min: 2,6,10,14: 8-10 Horizontal ring rows, 2020		PART A. 15min E3MOM (5set)of: 1 1/4 back squats, C / P / F (3-5) 3310, @70-75% of FS on min 15reset bars to 60%max and do 20 back squats with control for time. PART B. 16min E2MOM (4sets) of: min: 0,4,8,12: [6-8] Standing Good Mornings or V sits, 3010 min: 2,6,10,14: [10-12] DB/KB Heel Elevated peterson step ups	PART A. 15min E3MOM (5sets) of: C / P 3x Squat clean F 6x power cleans - PART B. 10mins E2MOM (5 sets)of: C / P / F 4x Power clean +2 push press @ 70% A - PART C. 5mins EMOM (5sets)of: C / P / F 30:30 Power clean to push press @ 70% B	PART A. 16min E2MOM (4sets) of: min: 0,4,8,12: Hang 1 1/4 Pull-ups, C 3-5 @ 3110 P/F 3-5 Weighted Pull-ups min: 2,6,10,14: 6-8 45* Chest Supported Bilateral Trap-3 Raises @ 3111
	Energy System Work /WOD							
	For 15 mins Tail Pipe by 3 P1: Row 500m P2: Double KB Rack Hold 24/16 P3: Rest	6 Min AMRAP 1,2,3... Accending reps Heavy KB Swing Burpee	50-40-30-20-10 Wall Ball 9/7 DU		4 mins On/ 2 Min Off Round 1: 5 Thrusters 60/45 5 Pull Up Round 2: 5 Front Squat 60/45 5 Press Ups Round 3: 5 Deadlift 60/45 15 DU *Aim is to pick a pace and move through the 4 mins at an even pace.	3 Rounds on 2:30 400m Run	Rinse & Repeat 0:00-12:00 Complete 10 Rounds of: 5 Power Clean @65% 5 Burpee *Aim for 1 round per min 15:00-25:00 Complete C / P AMRAP sets of 3 MU --OR-- 20,18,16,14 through to 2 P1: Low Plank (hold) P2: Sit Ups (reps above) --- *Each partner must complete 20 before moving to 18 and so on.	