

Weapons July 2016

Sunday 03-07-16						
A1	Hang Squat Snatch 3sec pause	6x3	@70-75%	90sec rest		
B1	Weighted Pull Up	5,4,3,2,1,	work up to max	60sec rest		
B2	DB Incline Bench Press	5x8-10		90sec rest		
Ana Lac End 1	W.O.D #1 :90sec AMRAP	Complete 4 round of :90sec work, resting 3minutes between rounds 1&2 and 3&4. After round 2 rest 5minutes before starting round 3.				
	7 Deadlifts 5 Power Clean 3 STOH 60/40kg					
C1	DB Powell Raise	3x10-12	@3010	30sec rest		
C2	Side Plank	3x 45sec per side		60sec rest		
Monday 04-07-16						
A1	Pause Back Squat	6x3-4	@32x1	90sec rest		
B1	1 Arm Row	4x 8-10	@21x3	60sec rest		
B2	Seated BB Press	4x 8-10	@31x1	60sec rest		
MAP 8	W.O.D #1 5 Rounds of:	rest 5 min	W.O.D #2 15 Min AMRAP			
	Nancy 400m run 15 OHS 42.5/30kg		50 DU 40 RKBS (heavy) 30 Push Ups 20 BJSD 24/20" 10 Burpees			
Sunday 10-07-16						
A1	Hang Squat Snatch 3sec pause	6x 3,3,3,3,2,2	@75-80%	90sec rest		
B1	Weighted Pull Up	5x3	@60% 1RM	60sec rest		
B2	DB Incline Bench Press	5x6-8		90sec rest		
Ana Lac End 2	W.O.D #1 3min AMRAP of:	Rest 8min	W.O.D #2	Rest 5min and repeat for a total of 2 rounds.		
	Power Cleans 70/50kg		21 Thrusters 42.5/30kg 15 Pull Ups 9 Burpees			
C1	DB Powell Raise	3x10-12	@3010	30sec rest		
C2	Side Plank	3x 45sec per side		60sec rest		
Monday 11-07-16						

A1	BB Bent over row	5x6-8	@2111	90sec rest		
B1	Romanian Deadlift	4x 6-8	@3111	60sec rest		
B2	Seated BB Press	4x 6-8	@31x1	60sec rest		
MAP 7	W.O.D #1 3 Rounds of:	Rest 5min	W.O.D #2 10min AMRAP of:	Rest 5min	W.O.D #3 3 Rounds of:	
	400m Run 20 AKBS		20 BJSD 20 Wall Balls 20 TTB		500m row 50m Farmers Carry (heavy)	
Sunday 17-06-16						
A1	Hang Squat Snatch 3sec pause	6x 3,3,3,2,2,2	@80-85%	90sec rest		
B1	Weighted Pull Up	5x 3,3,2,2,2	@70% 1RM	60sec rest		
B2	DB Incline Bench Press	5x5-7		90sec rest		
Ana Lac End 2	W.O.D #1 3min AMRAP of:	Complete 2 rounds. Rest 3min between each round. Then rest 6minutes before W.O.D #2	W.O.D #2 3min AMRAP of:	Complete 2 rounds. Rest 3min between each round.		
	15 Deadlifts 90/70 12 TTB 9 Ring Dips		12 KB Snatch (6/6) 6 Burpee Box Jumps			
C1	DB Powell Raise	3x10-12	@3010	30sec rest		
C2	Side Plank	3x 45sec per side		60sec rest		
Monday 18-06-16						
A1	Pause Back Squat	6x2-3	@32x1	90sec rest		
B1	1 Arm Row	4x6-8	@21x3	60sec rest		
B2	Seated BB Press	4x6-8	@31x1	60sec rest		
MAP 6	W.O.D #1 5min AMRAP of:	3mins rest	W.O.D #2 5min AMRAP of:	3min rest	W.O.D #3 5min AMRAP of:	
	5 Front Squats 50/35kg 10 Push press 50/35kg		10 TTB 15 AKBS 24/20kg		20 Ring Rows 15 slam balls (heavy) 10	
Sunday 24-06-16						
A1	Hang Squat Snatch 3sec pause	6x 3,3,2,2,1,1	@85%+	90sec rest		
B1	Weighted Pull Up	6x 3,2,1,3,2,1		60sec rest		
B2	DB Incline Bench Press	6x 6,5,4,6,5,4		90sec rest		

Ana Lac End 2	W.O.D #1 3min AMRAP of:	Complete 2 rounds. Rest 3min between each round. Then rest 6minutes before W.O.D #2	W.O.D #2 3min AMRAP of:	Complete 2 rounds. Rest 3min between each round.	x2	
	5 Squat Cleans 60/40 5 Ring dips		15 Thrusters 42.5/30kg 9 Pull Ups			
Monday 25-06-16						
A1	BB Bent over row	5x 5-7	@2111	90sec rest		
B1	Romanian Deadlift	4x 5-7	@3111	60sec rest		
B2	Seated BB Press	4x 6-8	@31x1	60sec rest		
MAP 6	W.O.D #1 For time:	3min rest	W.O.D #2 For time:	3min rest	W.O.D #3 For time:	
	60 DU's 15 HPSn 35/25 15 BJSD 15 Wall Balls 15 Burpees		15 HPSn 35/25 15 Wall Balls 15 Burpees 15 BJSD 60 DU's		15 Wall Balls 15 HPSn 35/25 15 BJSD 60 DU's 15 Burpees	
Sunday 31-06-16						
A1	Hang Squat Snatch	3,3,2,2,1,1	Test	90sec rest		
B1	Weighted Pull Up	5x 2,1,2,1,2	@90% 1RM	60sec rest		
B2	DB Incline Bench Press	5x 5-7		90sec rest		
Ana Lac End 2	Diane	8min rest	Fran			
	21-15-9 Deadlifts 100/70 HSPU's		21-15-9 Thrusters 42.5/30 Pull Ups			
C1	DB Powell Raise	3x10-12	@3010	30sec rest		
C2	Side Plank	3x 45sec per side		60sec rest		