

The 1 1/4 Cycle: Phase 3		Monday 18/07/16	Tuesday 19/07/16	Wednesday 20/07/16	Thursday 21/07/16	Friday 22/07/16	Saturday 23/07/16	Sunday 24/07/16
		Deadlift	Olympic	Push	Gymnastics	Squat	Olympic	Pull
Week 12		Warm up / Mobilize 10 mins 10Banded RDL 10 Hip bridges 10 Heavy RKB swings	Warm up / Mobilize 12 mins Single arm swings x 10 Kb Clean x 5ea Kb Snatch x 5 ea --- Muscle Snatch 5 High hang snatch 5 OH squat 5 Snatch balance 5 Snatch 5	Warm up / Mobilize 10mins Shoulder dislocates / circles / presses 3x10ea Hanging shrugs 3x10	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 Single arm swings x 10 Kb Clean x 5ea Kb Snatch x 5 ea --- 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 - 10 Scapula press ups 10 Hanging shrugs 10 band pull aparts 20 band flies
		<b>PART A. 12min E2MOM (5sets) of:</b> Deadlifts, 2121, @70-75% C/ P 5-6 F(7-9) reset bars to 75%max and do 20 DL with control for time.  <b>Part B. 12 mins EMOM</b> 8x alt legs FFE 1 1/4 split squats	<b>PART A. 18min E3MOM (5sets) of:</b> C 1+1x Power snatch + Squat Snatch P/F 4x Power Snatches - <b>PART B. 12mins E2MOM (6 sets) of:</b> C / P 1each x high hang, mid hang floor power snatch, OH squat @60%A F 5x high hang power snatch	<b>PART A. 15min E3MOM (5sets) of:</b> 1 1/4 Bench press @70 75% of BP C 5-6 2212 P/F 7-9 2212 - <b>PART B. 16min E2MOM (4sets) of:</b> min: 0,4,8,12: 8-10 Seated OH press, 1010 min: 2,6,10,14: 8-10 Horizontal ring rows, 31x0		<b>PART A. 15min E3MOM (5set)of:</b> 1 1/4 back squats, C / P / F (3-5) 3310, @70-75% of FS  <b>PART B. 16min E2MOM (4sets) of:</b> min: 0,4,8,12: [6-8] Standing Good Mornings or V sits, 3010 min: 2,6,10,14: [8-10] DB/KB Heel Elevated Hack Squats, 30x0	<b>PART A. 18min E3MOM (5sets) of:</b> C/P 2x Squat clean 1x power jerk F 3x power cleans 2x push jerks - <b>PART B. 16mins E2MOM (8 sets) of:</b> C/P/F BB complex 7> Deadlift 5> power clean 3> front squat 1> push press weight MEDIUM	<b>PART A. 16min E2MOM (4sets) of:</b> min: 0,4,8,12: 1 1/4 Pull-ups, chin over down to top head up to chin down C/ P 4-6 @ 3210 Weighted Pull-ups, F 4-6 @ 3011 min: 2,6,10,14: 6-8 45* Chest Supported Bilateral Trap-3 Raises*, 3111
	<b>Energy System Work / WOD</b>							
	4x4min rounds with 2 min rst brs rnds 1-3 10 BB thrusters 45/35 5 over bar burpees rnds 2-4 5 BB thrusters 10 over bar burpees	10mins work With a partner YGIG format Deadlift 100/70KG - press up ladder 1>?	6min AMRAP 25 vits 25 squat jumps / squats 25 supermans 25 Alt lunges		5 rounds AFAP 8 pull ups / ring rows 16 RKB swings (heavy) 32 DU / 64 singles	10min TABATTA 2x 8x20/10 Squats Burpees	20mins work Working with a partner P1 400mtr run P2 ME wall ball change after 400mtr MX reps	