

The MAX Cycle: Phase 4		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		01/08/16	02/08/16	03/08/16	04/08/16	05/08/16	06/08/16	07/08/16
		Pull	Deadlift	Olympic	Gymnastics	Push	Squat	Olympic
Week 14	<p>Warm up / Mobilize 10mins Weighted shoulder dislocates Scapula press ups 10 Hanging shrugs 10 band pull aparts 20 band flys 20</p>	<p>Warm up / Mobilize 10 mins Banded RDL x10 Hip bridges x10 RKB swings x10 Heavy</p>	<p>Warm up / Mobilize 12mins Single arm swings x 10 Kb Clean x 5ea Kb Press x 5 ea --- Muscle cleans 5 High pulls 5 High hang clean 5</p>	<p>See Blog post and GYM board for Gymnastics</p>	<p>Warm up / Mobilize 10mins Shoulder dislocates / circles / presses 3x10ea Hanging shrugs 3x10</p>	<p>Warm up / Mobilize 10mins Hip and squat mobility Walll squat 6 Golbet squat 8 air squats 10</p>	<p>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</p>	
	<p>PART A. 12min E2MOM (6sets) of: C/P Weighthd Pull-ups, 7-5-3-7-5-3@2020 F Eccentric Pull-ups, 6x6 @3011</p> <p>Part B. 12 mins E2MOMalt (6sets): 8 Ring rows 2020 16 Band pull aparts</p>	<p>PART A. 18min E3MOM (6sets) of: Deadlifts, C/ P 7-5-3-7-5-3@20X0 F 6x6 @20X0</p> <p>Part B. 8 mins EMOM (8sets): C/P/F 6-8el High power step (triple jumpers step up) alt legs each minute</p>	<p>PART A. 15min C/P Establish 3rpm max Clean n jerk F Establish 3rpm Power clean n jerk -</p> <p>PART B. 12mins E2MOM (6 sets)of: 2x power clean 2x front squat 2x Push jerk @ 70% A</p>		<p>PART A. 18min E3MOM (6sets) of: C/P Standing OH press 7-5-3-7-5-3@2020 F Standing OH press 6x6 @2020</p> <p>Part B. 12 mins alt EMOM(6sets): alt 10x dips /P bar pess ups and 12 Standing EZ/BB curls</p>	<p>PART A. 18min E3MOM (6sets) of: Back squats, 20X0 C/ P 7-5-3-7-5-3 F 6x6</p> <p>Part B. 8 mins E2MOM alt (4sets): C/P/F 20 Hack squats and 20el Peterson step ups</p>	<p>PART A. 15min E3MOM (5sets) of: C/P Establish 3rpm max Snatch F Establish 3rpm Power Snatch -</p> <p>PART B. 12mins E2MOM (6 sets)of: 2x power snatch 2x Snatch balance 2x OHS or 3xPower snatch 3x OHS (9 Heavy goblet squats)</p>	
	Energy System Work / WOD							
	<p>2 rounds AFAP 21 Wallballs 18 Pull-ups 15 Kettle Bell Swings 12 HR Push-ups 9 burpees 6 T2B / V sit</p>	<p>15min 3 RFT: 400m Run C-4 Muscle ups P-(4 dips /4 pull ups) F-(8 press ups /8 ring rows) 40 (80) Double unders</p>	<p>16mins max reps min 1 KB golbet squats min2 KB cleans n prs lft min3 KB clean n prs rgt min 4 rest</p>		<p>6mins AMRAP 20 air squats 10 thrusters 45/30</p>	<p>16mins - teams of 3 follow leader 12 Kcal row 7 burpees 3 GTOH 60/45 complete full round before changing</p>	<p>10mins 21-15-9-3 Walking lunges (each leg) with over head plate carry Plate facing over plate burpees</p>	