

The MAX Cycle: Phase 4		Monday 15/08/16	Tuesday 16/08/16	Wednesday 17/08/16	Thursday 18/08/16	Friday 19/08/16	Saturday 20/08/16	Sunday 21/08/16
		Pull	Deadlift	Olympic	Gymnastics	Push	Squat	Olympic
Week 16		Warm up / Mobilize 10mins Weighted shoulder dislocates Scapula press ups 10 Hanging shrugs 10 band pull aparts 20 band flys 20	Warm up / Mobilize 10 mins Banded RDL x10 Hip bridges x10 RKB swings x10 Heavy	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 Squat clean with pause at bottom 5 Push / Split Jerk 5	See Blog post and GYM board for Gymnastics	Warm up / Mobilize 10mins Shoulder dislocates / circles / presses 3x10ea Hanging shrugs 3x10	Warm up / Mobilize 10mins Hip and squat mobility Wall squat 6 Golbet squat 8 air squats 10	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
		PART A. 12min E2MOM (6sets) of: C/P Weighted Pull-ups, 5-3-1-5-3-1 F Eccentric Pull-ups, 6x4 Part B. 10 mins E2MOMalt (5sets): 12 Ring rows 2020 18 Band pull aparts	PART A. 18min E3MOM (6sets) of: Deadlifts, 20X0 C/ P5-3-1-5-3-1 F 6x3 Part B. 8 mins E2MOM (4 sets): C/P/F 12 BB / KB walking lunges	PART A. 12min C/P Establish 1rpm max Clean n jerk for day F Establish 3rpm Power clean n jerk - PART B. 12mins E2MOM (6 sets)of: 2x power clean 2x front squat 2x Push jerk		PART A. 18min E3MOM (6sets) of: C/P Standing OH press 5-3-1-5-3-1 F Standing OH press 6x3 Part B. 10 mins E2MOM(5sets): alt 10x ring dips /P bar press ups and 12 Standing EZ/BB curls	PART A. 18min E3MOM (6sets) of: Back squats, C/ P 5-3-1-5-3-1 F 6x3 Part B. 8 mins E2MOM (4sets): C/P/F alt 12 Hack squats and 10el Peterson step ups	PART A. 12min C/P Establish 1rpm max Snatch for day F Establish 3rpm Power Snatch - PART B. 12mins EMOM (6 sets)of: 2x power snatch 2x Snatch balance 2x OHS or 3xPower snatch 3x OHS (9 Heavy goblet squats)
	Energy System Work / WOD							
		20min 0- 5warm up for thrusters @45/35kg 5-10 EMOM 2 burpees 2 Thrusters 10-15 EMOM 4 burpees 4 Thrusters 15-20 6 burpees 6 Thrustes	12 mins AMRAP alt 30wrk / 30 rst Ring press ups / Press ups 30sec wrk / 30 rst UB T2B / K2E / V sit	10min CINDY amrap 5 pull ups 10 press ups 15 air squats		15min time cap 400 mtr run 3 rounds 20 pull ups /ring rows 20 V sits 400 mtr run	10mins working with a partner YGIG alt exercises 9 DL rx 60/45 6 power cleans 3 Push press	In waves 5 people per bike AFAP Bike 20 Kcal 5 Burpees as many rounds as you can do in a 10min window don't start next wave until wave has finished