

Adaption 1: Phase 4	Monday 12/09/16	Tuesday 13/09/16	Wednesday 14/09/16	Thursday 15/09/16	Friday 16/09/16	Saturday 17/09/16	Sunday 18/09/16
Week 4	Squat / Pull Warm up / Mobilize 10mins wall squat 6 Golbet squat 8 air squats 10 squat hold 1min Hanging shrugs 8 Band rows 10 x3	olympic - Clean Warm up / Mobilize 10mins Muscle cleans x5 High pulls x5 Power cleans x5 Front Squatsx5 Squat Cleans x5 Push Jerk x5	Breathing Mobility 5min Hip flexors / Shoulders Warm up 10 mins HSPU / STOH T2B / K2E / V sit Box jumps	Gymnastics See Blog post and GYM board for Gymnastics	Deadlift Push Warm up / Mobilize 10 mins hip bridges 20 rev lunges 20 banded RDL 10 Scapula press ups 10 Banded rows 10 x3	Olympic - snatch Warm up / Mobilize 10mins MuscleSnatch x5 SnatchHigh pulls x5 Power Sanch x5 OH squat x5 Squat Snatch x5	Breathing Mobility 5min Hamstrings / shoulders Warm up 10 mins DU Front squats 5 push press 5 Power cleans 5 thrusters 5
	A 16mins Back squats E3MO3M 20 reps @80% 20 reps @70% 20 reps @60% 20 reps @50% 20 reps @40% B 8min E2MOM (4 sets) 1:1 wrk / rst Do as many strict pull or negative pull ups as you can in a minute	A. 16min E2MOM (8 sets) @60% C/P 1x high hang squat clean 1x Mid hang squat clean 2x squat clean F 5-7x Mid Hang Power Cleans B. 6min E90seconds (4sets) Clean grip Pulls C/P/F 6 @A+	A 20 mins working in teams 2/3 AMRAP 5x HSPU / STOH (moderate) 5x T2B / V sits 60 seconds Rowing Rest 5 mins B."HANSON" 4 RFT 30 AKBS (moderate) 30 Burpess 30 Sit ups		A 16mins to complete A Deadlifts E3MO3M 10 reps 80% 15 reps @ 70% 20 reps @60% 25 reps @ 50% 30 reps @40% B 8min E2MOM(4 sets) 1:1 wrk / rst Do as many OH press as you can with 50% of your 1rpm C 8mins EMOM (8sets) C1 10 RKB Heavy C2 10 HR press ups	A. 16min E2MOM (8 sets) C/P 2xsquat snatches 2x OH squat F 3-5x power snatches B. 6min E90seconds (4sets) Snatch grip Pulls C/P/F 6 @A+ C. 6min EMOM C/P/F @50% A 6 OH squats or 12 Heavy goblet squats	A.18mins 3x4min AMRAP of 20 DU 5 thrusters (moderate) rest 2 mins between rounds B. 18mins 3x4min AMRAP of 20 Air squats 5 Power cleans(moderate) rest 2 mins between rounds
	Teams 5 EMOM Follow the leader 1min Bike (90%) 10 wall balls 4 rounds each start on bike as soon a partner has finished	12,9,6,3,1 Thrusters 45/35 burpees	5min Accessory work 15x cuban roations 15x external rotations AMRAP		3 RFT: 400m Run 4 Muscle ups (4dips / 4pull ups each) 40 Double unders / 80 singles	12,9,6,3,1 Box jumps step down Pull ups / ring rows	5min Accessory work 20x Hollow rocks 20x superman rocks AMRAP