

Adaption 1: Phase 3	Monday 05/09/16	Tuesday 06/09/16	Wednesday 07/09/16	Thursday 08/09/16	Friday 09/09/16	Saturday 10/09/16	Sunday 11/09/16
Week 3	<b>Squat / Pull</b> <b>Warm up / Mobilize 10mins</b> wall squat 6 Golbet squat 8 air squats 10 squat hold 1min Hanging shrugs 8 Band rows 10 x3	<b>olympic - Clean</b> Warm up / Mobilize 10mins Muscle cleans x5 High pulls x5 Power cleans x5 Front Squatsx5 Squat Cleans x5 Push Jerk x5	<b>Breathing</b> Mobility 10min Hip flexors / Shoulders  Warm up 5 mins Front squat Push press Thrusters Hanging shrugs 10	<b>Gymnastics</b>  See Blog post and GYM board for Gymnastics	<b>Deadlift Push</b> Warm up / Mobilize 10 mins hip bridges 20 rev lunges 20 banded RDL 10 Scapula press ups 10 Banded rows 10 x3	<b>Olympic -snatch</b> Warm up / Mobilize 10mins MuscleSnatch x5 SantchHigh pulls x5 Power Santch x5 OH squatx5 Squat Snatch x5	<b>Breathing</b> Mobility 10min Hamstrings / shoulders  Warm up 5 mins Hanging shrugs 10 Power cleans 5
	A 16min E2MOM (4sets each) of: A1 Back Squats C/P 10-12 @3010 75%1rm F 12-15 @3010 Final set ME  A2 Pull ups / neg pull ups C/P 8-10 @3010 @70% F 8-10 @ 3010  B 6 mins EMOM- 3set each leg B1.12 left leg split squats B2 12 right leg split squats  C 6mins EMOM (6 sets) C/P 4-6 Single ring chin ups F 6-8 single ring supinated ring row  Get that chest to those hands every rep	A. 16min E2MOM (8 sets) @60% C/P 3x Mid hang squat 2x squat clean  F 5-7x Mid Hang Power Cleans  B. 6min E90seconds (4sets) Clean grip Pulls C/P/F 6 @A+  B. 10 min EMOM C/F/P @60%A 3x power cleans 3x push press  smooth and solid	A. 24min 4 Rounds of: 4min AMRAP of: 2,4,6,8,etc... Thruster 45/35 Pull-up / ring rows 2min rest between rounds  B. Teams 3 Row 6000mtrs Row 300mtrs each in a YGIG style (power)  we are intrested in your stroke rate it should be slow and powerful Guys under 24 girls under 28 if you go over get of and do a burpee		A 16min E2MOM (4sets each) of: A1 Deadlifts@ 20x0 @75%1rm C/P 6-8 @3111 F 8-10 @3111 final set ME  A2 Seated OH press C/P 10-12 @3010 @70%1rm F 12-15 @ 3010 final set ME  B 12 mins E2MOM B1. KB alt lunges C/P/F 24 B2 Ring press ups / press ups C/P/F 60seconds before you fail hold FLR position for remaining time.	A. 16min E2MOM (8 sets) C/P 3xsquat 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 power snatches	A. 25 mins TC unbroken For Time: 35 unbroken wall balls 10 unbroken hspus / pikes 35 unbroken wall balls 20 unbroken chest to bar strict pullups / chinups / rings rows 35 unbroken wall balls 30 unbroken pushups 35 unbroken wall balls 20 40 unbroken AKBS /RKBS Penalty every time you break run 200mtrs  rest 4 mins post workout  <b>B.</b> Teams of 3 follow leader 3 rounds each 3 burpees 1min Bike ME  3 rounds each 3 burpess 1min Row ME
	3 rounds- 12min 20 Wall balls UB Run 400 mtrs with wall ball +5 reps for every ball drop including run	3 sets each : YGIG teams 4 10 kettlebel swing 5 burpees box jump 30 seconds Airdyne sprint Start when partner has finished box burpees	6min Accessory work 10 dead bugs @ 5seconds each leg		10 rounds 5 strict pull ups or 10 ring rows 25 DU / 50 singles	2-3 rounds each 20 Cal Row 1Rnd of: 20 Push Up 20 T2B / K2E 20 Squat 20 Pullup / Ring rows	6mins Accessory work Y-T-W 10-15 each Movement AMAP