Weapons September 2016

High Box Step Ups	3x8	@3010	30sec rest		
Glute Bridge	3x8	@2025	30sec rest		
12mins to complete: 3rm deadlift			rest as needed		
20min E2MOM of: Even: 5 Power Clean Odd: 5 Push Jerk					
10min EMOM of: Even: 5 HSPU's Odd: 8 TTB					
20sec work	2m rest	20sec work	2min rest	20sec work	
					x2
Trap 3 Raises	3x10	@3010	30sec rest		
15mins to Complete: Snatch +Snatch Balance (2+2)			rest as needed		
16min E2MOM of: Even: 3 Split jerk Knee to Floor Odd: 2 Split Jerk					
12min EMOM of: Even: 5 Rope Pull Ups Odd: 10-1 Arm Row					
50 Wall Balls 100 Du's 50 RKBS 100m run 50 Burpees 100 Run 50 RKBS 100 Du's 50 Wall Balls					
Banded Air Squat	3x15	@3030	30sec rest		
	3x10	@2020	30sec rest		
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12mins to complete: 5rm Front Squat			Rest as needed		
	Glute BridgeI2mins to complete: 3rm deadlift20min E2MOM of: Even: 5 Power Clean Odd: 5 Push Jerk10min EMOM of: Even: 5 HSPU's Odd: 8 TTB20sec workPC, PP 60/40Trap 3 RaisesGHD Hip Ext.I5mins to Complete: Snatch +Snatch Balance (2+2)16min E2MOM of: Even: 3 Split jerk Knee to Floor Odd: 2 Split Jerk So RKBS 100 Du's 50 RKBS 100 Du's 50 Wall Balls50 Wall Balls 100 Du's 50 Wall Balls12mins to Complete: Snatch shout a split jerk Knee to Floor Odd: 2 Split Jerk So RKBS 100 Du's 50 RKBS 100 Du's 50 Wall Balls12min EMOM of: Even: 5 Rope Pull Ups Odd: 10-1 Arm Row12min EMOM of: Even: 5 Rope Pull So RKBS 100 Du's 50 RKBS 100 Du's 50 Wall Balls12min Sto Complete: Srm12mins to Complete: Srm	Glute Bridge3x8I2mins to complete: 3rm deadliftI12mins to complete: 3rm deadliftI20min E2MOM of: Even: 5 Power Clean Odd: 5 Push JerkI10min EMOM of: Even: 5 HSPU's Odd: 8 TTBI20sec work2m restPC, PP 60/40IPC, PP 60/40IImage: State of Power CleanIImage: State of Power 	Glute Bridge3x8@202512mins to complete: 3rm deadlift20min E2MOM of: Clean Odd: 5 Power Clean Odd: 5 Power10min EMOM of: Even: 5 Power Odd: 8 TTB20sec work2m rest20sec workPC, PP 60/40Manage Manage.20sec work2m rest20sec workPC, PP 60/40Manage Manage.7map 3 Raises3x10@3010GHD Hip Ext.3x8@202015mins to Complete: Snatch +Snatch Balance (2+2)15mins E2MOM of: Even: 5 Alphi Jerk Nee to Floor Odd: 2 Split Jerk12min EMOM of: So RKBS 100 Pun So Burpees 100 Run So RKBS 100 Pun So RKBS 100	Glute Bridge3x8@202530sec rest12mins to complete: sm deadlitIIII20min E2MOM of: Even: 5 Power Clean Odd: 5 Push JerkIIII20min EMOM of: Even: 5 HSPU's Odd: 8 TTBIIIII20sec work2m rest20sec work2min restII20sec work2m rest20sec work2min restII20sec work2m rest20sec work2min restI20sec work2min rest20sec restII20sec work2min restIII20sec work3x10III20min restII <td>Bulke Bridge3x86202530sec restImage (Complete: 30m)12mins to complete: 30m) deadifiedImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20min E2MOM of: bean. SPANNerkImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20min E2MOM of: bean. SPANNerkImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20min E2MOM of: bean. SPANNerkImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20min E2MOM of: bean. SPANNerkImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20sec workImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20sec workImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)17m S Balses3x10Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)17m S Data (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)15m S Data (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)12min E2MOM of: beant (Balance)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)12min E2MOM of: beant (Balance)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)12min E2MOM of: beant (Balance)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)12min E2MOM of: bean (Sope Paul bog (Hass)Image (Complete: 30m)<</td>	Bulke Bridge3x86202530sec restImage (Complete: 30m)12mins to complete: 30m) deadifiedImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20min E2MOM of: bean. SPANNerkImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20min E2MOM of: bean. SPANNerkImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20min E2MOM of: bean. SPANNerkImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20min E2MOM of: bean. SPANNerkImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20sec workImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)20sec workImage (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)17m S Balses3x10Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)17m S Data (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)15m S Data (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)12min E2MOM of: beant (Balance)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)12min E2MOM of: beant (Balance)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)12min E2MOM of: beant (Balance)Image (Complete: 30m)Image (Complete: 30m)Image (Complete: 30m)12min E2MOM of: bean (Sope Paul bog (Hass)Image (Complete: 30m)<

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Smallere Power Balance (1+2)Small Small Small 							
Even: 3 Power Odd: 6-8 Neutral Pull Ups Focus on glutes, and pointed toes Image: second	A	Complete: Power Snatch+Snatch			rest as needed		
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	Lac Power 1	30sec work	90sec rest	30sec work	90sec rest		

	Horrible Battle Rope		Front Rack Hold (Heavy as Possible)		x5	
Monday 18-09-16						
Activation	Lateral leg Raise	3x15		30sec rest		
	Scap Pull Ups	3x10		30sec rest		
A	15mins to Complete: High Hang Squat clean + Hang Squat Clean + Squat clean + Push Jerk (1+1+1+2)			Rest as needed		
В	16min E2MOM of: Even: 6 BB Alt Lunge Odd: 10 Romanian Deadlifts					
C	12min E2MOM of: Even: 8-10 Seated DB Shoulder Press Odd: 10-12 Double DB Bent Over Row					
FOR TIME	Kalsu 100 Thrusters 60/40 EMOM 5 Burpees (first min starts with 5burpees)	20 min time cap				
Sunday 19-09-16						
Activation	High Box Step Ups	3x8		30sec rest		
	HS Hold	3x30sec		30sec rest		
A	12mins to Complete: 5 Heavy Back Squats			Rest as needed		
В	16min E2MOM of: Even: 3 Split jerk Knee to Floor Odd: 2 Split Jerk					
С	10min EMOM of: 15wb's					
Lac Power 2	8 Strict Dips 15 cals Air Fit	2.30min rest	6 Strict Pull Ups 10cals Row	2.30min rest	x4	
Monday 25-00-10						
Monday 25-09-16						
Activation	Internal Him	210		20000 1001		
Activation	Internal Hip activation	3x10		30sec rest		
	Trap 3 Raises	3x12		30sec rest		
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Even: 3 Push JerksImage: Second S	A	Complete: Squat Snatch + Snatch			Rest as needed		
Rope Climbs Rope Climbs Image Climbs I	В	Even: 3 Push Jerks					
30 Deadlifts 100/80 400m run 30 Power Cleans 50,404	С						
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Scap Pull Ups3x1230sec restImage: Construct on the second of the second							
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complete: Power clean + Squat Squat + Spit Jerk (1+2+2+1)line <thline< th="">lineline<thli><</thli></thline<>		Scap Pull Ups	3x12		30sec rest		
complete: Power clean + Squat Squat + Spit Jerk (1+2+2+1)line <thline< th="">lineline<thli><</thli></thline<>							
Even: 6 Weighted Pull Ups Odd: 5 Increased Height Box jumpsImage: Sincreased Height Box jumpsImage: Sincreased H	A	complete: Power clean + Squat Clean + Front Squat + Spilt Jerk			Rest as needed		
Even: 6 KB FR Lunges Odd: 6-10 TTBIndexIndexIndexIndexImage: Constraint of the stateImage: Lac Power 2 B10 GTOH 60/402min rest20sec Ring Lock out 15 Burpees2min restX3Image: Constraint of the stateImage: Lac Power 2 B10 Thrusters 60/402min rest20sec HS Hold2min restX3	В	Even: 6 Weighted Pull Ups Odd: 5 Increased					
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