

Weapons September 2016

Sunday 04-09-16						
Activation	High Box Step Ups	3x8	@3010	30sec rest		
	Glute Bridge	3x8	@2025	30sec rest		
A	12mins to complete: 3rm deadlift			rest as needed		
B	20min E2MOM of: Even: 5 Power Clean Odd: 5 Push Jerk					
C	10min EMOM of: Even: 5 HSPU's Odd: 8 TTB					
Ana Alac End	20sec work	2m rest	20sec work	2min rest	20sec work	
	PC, PP 60/40		DU's		AirFit	x2
Monday 05-09-16						
Activation	Trap 3 Raises	3x10	@3010	30sec rest		
	GHD Hip Ext.	3x8	@2020	30sec rest		
A	15mins to Complete: Snatch +Snatch Balance (2+2)			rest as needed		
B	16min E2MOM of: Even: 3 Split jerk Knee to Floor Odd: 2 Split Jerk					
C	12min EMOM of: Even: 5 Rope Pull Ups Odd: 10-1 Arm Row					
Chipper	50 Wall Balls 100 Du's 50 RKBS 100m run 50 Burpees 100 Run 50 RKBS 100 Du's 50 Wall Balls					
Sunday 11-09-16						
Activation	Banded Air Squat	3x15	@3030	30sec rest		
	Banded Push Up[3x10	@2020	30sec rest		
A	12mins to complete: 5rm Front Squat			Rest as needed		

B	16min E2MOM of: Even: 3 Squat Cleans Odd: 5 Strict Pull Ups (Add Weight)					
C	12min EMOM of: Even: 2 Rope Climbs Odd: 5 Dips (ring or Bar)					
Lac Power 1	30sec work	2.30min rest	30sec work	2.30min rest	30sec work	
	PC, PP 60/40		Thruster 40/30		Front Squat 70/50	rest 7mins
Lac Power 1	30sec work	2.30min rest	30sec work	2.30min rest	30sec work	
	AirFit		Burpees over Box		DU's	
Monday 11-09-16						
Activation	Hollow Hold	3x45sec		30sec rest		
	Internal Hip activation	3x10		30sec rest		
A	15mins to Complete: Power Snatch+Snatch Balance (1+2)			rest as needed		
B	16min E2MOM of: Even: 3 Power Snatch Odd: 6-8 Neutral Pull Ups					
C	10min E2MOM of: 30sec HS Hold	Focus on glutes, and pointed toes				
Power Snatch Nancy	5rnds of: 400m run 15 Power Snatches 42.5/30					
Sunday 17-09-16						
Activation	FLR	3x45sec		30sec rest		
	Trap 3 Raises	3x10		30sec rest		
A	12mins to Complete: 5 Heavy Bench Press			Rest as needed		
B	16Min E2MOM of: Even: 5 Weighted Pull Ups Odd: 5 Increasing Height BJ's					
C	8min EMOM of: 12 sec burpees					
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		
B	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		
B	16min E2MOM of: Even: 3 Split jerk Knee to Floor Odd: 2 Split Jerk					
C	10min EMOM of: 15wb's					
Lac Power 2	8 Strict Dips 15 cal's Air Fit	2.30min rest	6 Strict Pull Ups 10cal's Row	2.30min rest	x4	
	Monday 25-09-16					
Activation	Internal Hip activation	3x10		30sec rest		
	Trap 3 Raises	3x12		30sec rest		

A	15mins to Complete: Squat Snatch + Snatch Balance (2+2)			Rest as needed		
B	12min E2MOM of: Even: 3 Push Jerks Odd: 3 Split Jerks					
C	8min EMOM of: 2 Rope Climbs					
Chipper	400m run 30 Deadlifts 100/80 400m run 30 Power Cleans 60/40 400m run 30 Overhead Squats 40/30 400m run					
Sunday 26-09-16						
Activation	Lateral leg Raise	3x15		30sec rest		
	Scap Pull Ups	3x12		30sec rest		
A	15mins to complete: Power clean + Squat Clean + Front Squat + Spilt Jerk (1+2+2+1)			Rest as needed		
B	16min E2MOM of: Even: 6 Weighted Pull Ups Odd: 5 Increased Height Box jumps					
C	10min EMOM of: Even: 6 KB FR Lunges Odd: 6-10 TTB					
Lac Power 2 A	10 GTOH 60/40	2min rest	20sec Ring Lock out 15 Burpees	2min rest	x3	
Lac Power 2 B	10 Thrusters 60/40	2min rest	20sec HS Hold 50 Du's	2min rest	x3	