

Adaption 1: Phase 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	07/11/16	08/11/16	09/11/16	10/11/16	11/11/16	12/11/16	13/11/16
	Olympic squat clean	Lifting (Upper) breathing	Olympic snatch	Gymnastics	Lifting (lower)breathing	Olympic power clean	Breathing
Week 2	<p>Warm up 10mins</p> <p>Mucle clean High pull Power Clean Front squat Scarcrow squat clean Clean</p>	<p>Warm up 10mins</p> <p>Shoulder Mobility Scapula press ups Banded rows Hang shrugs</p>	<p>Warm up 10min</p> <p>Mucle Snatch SnatchHigh pull Power Snatch Pressing snatch balance Snatch balance Snatch</p>	<p>See Blog post and GYM board for Gymnastics</p>	<p>Warm UP 10mins</p> <p>Ankle /calf mobility Wall squats Goblet squats Kneed banded squats BB paused squats</p>	<p>Warm up 10mins</p> <p>Mucle clean High pull Power Clean Press Paused dip jerks Split jerk</p>	<p>Warm up 10mins</p> <p>Hip bridges Banded RDL</p>
	<p>A 8min EMOM odd 3x Clean high pull Even 3x Tall clean Lite for form</p> <p>B 12min (6 sets) E2MO2M C/P Squats clean @70% 3x high hang 2x mid hang (knee) 2sec pause at bottom of squat</p> <p>F - Power clean 3x high hang 2x mid hang</p> <p>B 6 min (4sets) E90sec C/P/F Clean Pulls 5x pulls @ 100%+A</p>	<p>A 16 mins (8sets) E2MO2M A1 C/P/F bench press 4x7-9 @ 70%+4210 Paused at chest A2 C/P Pull ups 4x6-8 @ 30X2 Pause at top F Negative /scales 4x3-5 @ 6112</p> <p>B 10mins (10 sets) EMOM odd / even odd 6-8 Ring press up + hold lock out Even6-8 Hanging shrugs +hold ME</p> <p>C 10 mins EMOM RPE 7-8 5x HSPU or 5 Thrusters 45/35 20 DU 40 singles</p>	<p>A 12min (6 sets) E2MO2M C/P Squats Snatch 3x high hang 2x mid hang 2sec pause at bottom of squat</p> <p>F - Power Snatch 3x high hang 2x mid hang pause in catch position</p> <p>B 12 min (6sets) E2MO2M C/P 1x power snatch 1x snatch balance 2x OH squats 60%A F 6x 2xkb goblet squats 20sec 2xKB OH hold</p>	<p>See Blog post and GYM board for Gymnastics</p>	<p>A 16 mins (8sets) E2MO2M C/P Back squats 4x7-9 @ 70%+4210 Fx 4x8-10 @ 70% 4210 paused at bottom</p> <p>B 10mins (5 sets) E2MO2M B1 8el Triple jumpers step up B2 12-15x KB RDL</p> <p>C 10mins AMRAP RPE 7-8 4MU or8 pull ups / Jumps asssited Pull ups 16 RKB swings (medium) 32 DU</p>	<p>A 12min (6 sets) E2MO2M C/P Powers clean 2x high hang 2x mid hang 2x floor</p> <p>F - Power clean 2x high hang 2x mid hang 2x floor</p> <p>B 12 min (6sets) E2MO2M C/P1x push press 1x push jerk 2x split jerk Fitness 4x push press</p> <p>C 2min ME power clean n press @ 70% A bar cycling</p>	<p>A 8mins (8 sets) EMOM - Odd/even odd -20xalt lunges even 10x walkout to press ups</p> <p>B 15mins EMOM teams 5 "Fight gone bad style" C / P / F min 1 RKB swings (24/20) min 2 Bike min3 Push press (40/25) min 4 Box jumps / step ups min 5 rest</p> <p>C. 18min Teams 3 EMOM 6x 45 sec each rowing RPE 7-8</p>
	<p>12mins working with a parnter alt EMOM 5x Cleans / Power cleans @70%B ME wall balls</p>	<p>Accessory work External rotations x20 Banded row x20 ARAMP</p>	<p>In Tearsms of 4 move through 15 Min AMRAP 5 Deadlift (moderate- Heavy) 12 Airfit Cals</p> <p>Aim for a weight on the deadlift that is roughly 70- 80% of 1 RM</p>		<p>Accessory work 5min 10 Back exts 30no calfraises</p>	<p>3x3mins rounds with 1min rest between rounds Run 400mtrs Round 1 AKB - ME Round 2 Godblet Squats ME Round 3 KB push press ME</p>	<p>Accessory work 5min 10 Back exts 30no calfraises</p>