

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2 03-07 August	<p>Gymnastics</p> <p>L3:EMOM 10: 1 Kipping Swing + 1 T2B + 1 Pull-Up. Add 1 rep to each movement every minute until you can't do the sets unbroken, or time runs out.</p> <p>L2: 10 sets of 3 kipping pull-ups w/ 2 second pause at the top of each one. <a href="https://youtu.be/QRigE0M7j4o">https://youtu.be/QRigE0M7j4o</a></p> <p>L1: Kipping Swing practice. 5 sets of 10 swings. Legs straight, feet together, alternating hollow and arch positions.</p>		<p>Jerk Drill</p> <p>Up to a heavy single power jerk then 5x2 @ 80% of HS</p>		<p>Clean and Jerk Drill</p> <p>5 sets of, at moderate weight 2 Clean Pull + 1 Power Clean + 1 Front Squat</p>
	<p>Snatch Drill</p> <p>3 Position Snatch 5 sets, 60-70%. Snatch from high hang, knee, then floor before putting the bar down.</p>		<p>Pressing</p> <p>Bench Press 5 heavy sets of 4 Single Arm DB Overhead Press 3x5</p>		
	<p>Warm Up</p> <p>3 Rounds: 30 sec on/10 sec off -Squat to high hold -Spiderman Lunge with downward dog -Lockdowns</p>	<p>Warm Up</p> <p>Row 500m 10x Bent leg Iron Crosses Per side 10x Bird Dogs 10x Reverse Lunge with OH reach per leg Reclining hero 30 sec</p>	<p>Warm Up</p> <p>Agility Ladder Short dynamic warm up</p>	<p>Warm Up</p> <p>2 Rounds: 1 Minute tissue prep each leg 20 second pull-up hang in hollow 10 spiderman lunges 15 air squats</p>	<p>Warm Up</p> <p>400m Run Dynamic Warm Up</p>
	<p>Clean and Jerk</p> <p>L3:Clean and Split Jerk 5x1@ 90-95% L2: Clean and Jerk to Heavy Single L1: 15 reps with good form. Only go up in weight as form allows trying to go heavier than last week.</p>	<p>Gymnastics</p> <p>Human flag progression part 1 *See supplementary video <a href="http://gymnasticswod.com/content/human-flag-progression-pt1">http://gymnasticswod.com/content/human-flag-progression-pt1</a></p>		<p>Clean Drill</p> <p>Halting clean deadlift 3-3-3-3</p>	<p>Snatch</p> <p>L3:Snatch 6x3 @ 70-80% L2: Snatch 8x1 @ 80-85% L1: Hang Snatch (power snatch if needed) 20 reps with good form. Only go up in weight as form allows</p>
	<p>Aerobic Metcon</p> <p>L3: 6 rounds for time of: :20 Max RKB Swings (70/53) 200m Run L2: 6 rounds for time of: :20 Max RKB Swings (53/35) 200m Run L1: 6 rounds for time of: :20 Max RKB Swings (35/25) 200m Run</p>	<p>Medium Intensity</p> <p>L3: 5 Rounds of: 1 Minute max rep Muscle-ups 1 Minute max rep Sit-ups 1 Minute max rep Double-unders Rest 1 minute between rounds L2: 5 Rounds of: 1 Minute max rep Ring Dips 1 Minute max rep Sit-ups 1 Minute max rep Double-unders Rest 1 minute between rounds L1: 5 Rounds of: 1 Minute max rep Push-ups 1 Minute max rep Sit-ups 1 Minute max rep Single-unders Rest 1 minute between rounds</p>	<p>Squat and gymnastics</p> <p>HB Back Squat 5x5 @ 65% of LB max In between sets...start and end with: Strict Pull ups, same as last week, looking for total volume</p>		
			<p>High Intensity</p> <p>L3: 6 Rounds for time of: 5x Power Cleans (165/115#) 5x Broad jumps 5x Front Squats (165/115#) L2: 6 Rounds for time of: 5x Power Cleans (135/95#) 5x Broad jumps 5x Front Squats (135/95#) 6 Rounds for time of: 5x Power Cleans (95/65#) 5x Broad jumps 5x Front Squats (95/65#)</p>	<p>Medium Intensity</p> <p>L2: 30x Pendlay Rows (115#75#) 50x Box jumps (24"/20") 30x Push press (115#75#) 50x Squats 30x Toes-to-Bar 50x Kettlebell swings (70#/53#) 30x Steps front-rack lunge (115#75#) 50x Burpees L2: 30x Pendlay Rows (95#/65#) 40x Box jumps (24"/20") 30x Push press (95#/65#) 50x Squats 30x K2E 40x Kettlebell swings (53#/35#) 30x Steps front-rack lunge (95#/65#) 40x Burpees L1: 20x Pendlay Rows (75#/45#) 30x Box jumps (24"/20") 20x Push press (75#/45#) 30x Squats 20x K2C 30x Kettlebell swings (35#/25#) 20x Steps front-rack lunge (75#/45#)</p>	<p>Aerobic Metcon</p> <p>L3: 800 meter run 30 Snatches (115/75) 800 meter run L2: 800 meter run 30 Snatches (85/55) 800 meter run L1: 400 meter run 30 Hang-power Snatches (75/45) 400 meter run</p>

	Clean and Jerk Assist	Clean Deadlift 3x3 Maintain Clean positions the whole time. Double overhand, hook grip. 100-105% of best clean.	Metcon	For Time: 400M Run 40 Snatch (95/65) 35 Toes to Bar 30 Sit Ups 25 Push Press (95/65) 20 Wall Balls (20/14) 15 Hang Cleans (95/65) 10 Burpees	Metcon	2 Rounds for Time 200M Run 30 Wall Balls 25 KB Swings (70/53) 20 Push Ups	Shoulder Stability	Band Series- x10 horizontal pull aparts x10 vertical pull aparts x10 dislocates x5 ea way horizontal X pull aparts x10 OHS	Snatch Assist	Segmented SN Deadlift 5x2, 80-90% of best SN 2 second pause at mid shin, knee, mid thigh
			Aerobic Work	Row: 3x1100m (500m, 400m, 200m) 40sec rest b/t reps & 5min rest b/t sets	Aerobic Work	Run: 1 x 600m, 400m, 300m, 200m, 300m, 400m  Rest 1:1			Shoulder Stability	2 Rounds Not For Time  x10-15 Scap Push Ups x10 pvc around the worlds x10 wall slides x10-15 Scap Pull Ups
	Shoulder Stability	2 Rounds Not For Time x10-15 Scap Rows with band x10 pvc dislocates x10 lockdowns x10 cuban presses	Abs/Back	3 Rounds Not For Time -10 V - ups -30 flutter kicks -10 upper half supermans	Abs/Back	3 Rounds not for time - -15 Wallball situps -10 hollow rocks with pvc overhead -10 leg extensions on GHD				