



# PROGRAMACIÓ FEBRER

BY ASTRID GALIMANY

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<p><b>STRENGTH:</b></p> <p>DEADLIFT 5X5 EMPEZAR AL @70%</p> <p><b>WOD:</b></p> <p>3 ROUNDS FOR TIME:</p> <p>400M RUN 21 KETTLEBELL SWINGS (32/24KG) 12 TOES TO BAR</p> <p>TC: 14'</p>	<p><b>GYMNASTICS SKILL:</b></p> <p>KIPPING &amp; BUTTERFLY</p> <p>EMOM 10': ODD: 10 -15 KIPPING SWINGS EVEN: 30'' HOLLOW HOLD</p> <p><b>WOD:</b></p> <p>AMRAP 20':</p> <p>5 PULL UPS 10 HAND RELEASE PUSH UPS 15 AIR SQUATS</p>	<p><b>WEIGHTLIFTING COMPLEX :</b></p> <p>CLEAN COMPLEX</p> <p>CADA 90'' X 6 SETS: 1 POWER CLEAN + 1 HANG SQUAT CLEAN + 1 PUSH JERK 75%</p> <p><b>WOD:</b></p> <p>21-15-9</p> <p>HANG POWER CLEANS (60/40KG) BAR FACING BURPEES</p> <p>TC: 9'</p>	<p><b>UPPER STRENGTH</b></p> <p>5X5 STRICT PRESS</p> <p>THEN... SUPERSET OF: 12 BICEPS CURLS + 12 FRENCH PRESS</p> <p><b>WOD:</b></p> <p>4 ROUNDS:</p> <p>15/12 CAL ROW / SKIERG 12 DUMBBELL PUSH PRESS 9 BOX JUMPS</p> <p>REST 1'</p> <p>TC: 8'</p>	<p><b>ACCESORY CORE WORK:</b></p> <p>EMOM 12': (40'' ON / 20'' OFF)</p> <ol style="list-style-type: none"> <li>HOLLOW ROCKS</li> <li>RIGHT LATERAL PLANK TOE TAP</li> <li>LEFT LATERAL PLANK TOE TAP</li> <li>HANGING L-SIT HOLD</li> </ol> <p><b>WOD:</b></p> <p>1000M ROW 50 WALL BALL SHOTS 30 BOX JUMP OVERS 50 WALL BALL SHOTS 1000M RUN</p> <p>TC: 20'</p>		
<p><b>09</b></p> <p><b>WEIGHTLIFTING COMPLEX:</b></p> <p>SNATCH</p> <p>EMOM 12': 1 POWER SNATCH + 1 OVERHEAD SQUAT SUBIR PESO CADA 3 RONDAS. EMPEZAR AL 65%</p> <p><b>WOD:</b></p> <p>"ISABEL MEETS ANNIE"</p> <p>30 SNATCH (60/40KG)</p> <p>THEN... 50-40-30-20-10 DOUBLE UNDERS SIT UPS</p> <p>TC: 15'</p>	<p><b>10</b></p> <p><b>HEAVY SQUAT STRENGTH:</b></p> <p>5X5 BACK SQUAT @75-80% DE 1RM</p> <p><b>WOD:</b></p> <p>3 ROUNDS:</p> <p>400M RUN 15 FRONT RACK LUNGES (40/30KG) 15 PULL UPS</p> <p>TC: 13'</p>	<p><b>11</b></p> <p><b>HANDSTAND SKILLS</b></p> <p>KIPPING HSPU &amp; WORK ON DEFICIT</p> <p><b>WOD:</b></p> <p>AMRAP 12':</p> <p>10 HSPU 10 DEADLIFTS (100/70KG) 30 DOUBLE UNDERS</p>	<p><b>12</b></p> <p><b>STRENGTH DAY</b></p> <p>EMOM 24'</p> <ol style="list-style-type: none"> <li>5-8 SANDBAG CLEANS</li> <li>5 HIGH BOX JUMPS</li> <li>2 HEAVY TURKISH GET UP</li> <li>20M SLED PULL / KB PULLS</li> <li>10 STRICT T2B</li> <li>10 HEAVY WALL BALLS</li> </ol>	<p><b>13</b></p> <p><b>PULL/PUSH STRENGTH</b></p> <p>5X3 WEIGHTED PULL UPS 5X3 FLOOR PRESS</p> <p><b>WOD:</b></p> <p>5 X 3' ON / 1' OFF</p> <p>2 ROPE CLIMBS 10 THRUSTERS (40/30) MAX CAL SKIERG</p>	14	15
<p><b>16</b></p> <p><b>GYMNASTICS STRENGTH &amp; SKILL:</b></p> <p>TOES TO BAR (JEFFERSON, HOLDS, EXCENTRICS...)</p> <p><b>WOD:</b></p> <p>21-18-15-12-9 TOES TO BAR DUMBBELL SNATCH (22, 5/15KG)</p> <p>TC: 12'</p>	<p><b>17</b></p> <p><b>ACCESORY UPPERBODY WORK:</b></p> <p>4 ROUNDS FOR QUALITY:</p> <p>5+5 LANDMINE STRICT PRESS 12 LATERAL RAISES 12 SHOULDER FLIES FLOOR - REST 1' -</p> <p><b>WOD:</b></p> <p>DIANE</p> <p>21-15-9 DEADLIFT (100/70KG) HSPU</p> <p>TC: 10'</p>	<p><b>18</b></p> <p><b>HEAVY SQUAT STRENGTH</b></p> <p>5X5 BACK SQUAT @80%+ DE 1RM</p> <p><b>WOD:</b></p> <p>4 ROUNDS FOR TIME:</p> <p>8 DOUBLE KETTLEBELL HANG SNATCH 16M OH WALKING LUNGES (1X22, 5/15KG) 32 DOUBLE UNDERS</p>	<p><b>19</b></p> <p><b>WEIGHTLIFTING COMPLEX:</b></p> <p>JERK COMPLEX</p> <p>CADA 90'' X 6 SETS: 1 PUSH JERK + 1 SPLIT JERK</p> <p><b>WOD:</b></p> <p>AMRAP 15': 10 OVERHEAD SQUATS (40/30) 200M RUN 10 BOX JUMPS 200M ROW</p>	<p><b>20</b></p> <p><b>STRENGTH:</b></p> <p>DEADLIFT 5X5 EMPEZAR AL @80%</p> <p><b>WOD</b></p> <p>AMRAP 18':</p> <p>60 BURPEES BROAD JUMP</p> <p>THEN... AMRAP 30 WALL BALLS 20 C2B PULL UPS 10 BOX STEP UP OVER (2X20/12, 5KG)</p>	21	22
<p><b>23</b></p> <p><b>PRESS INTENSITYSTRENGTH:</b></p> <p>5 X 5 BENCH PRESS EMPIEZA AL 70%</p> <p>THEN... SUPERSET: 12 GORILLA ROWS + 12 BENCH FLIES</p> <p><b>WOD:</b></p> <p>3 RONDAS:</p> <p>500M ROW 15 RING DIPS 15 PUSH UPS</p> <p>TC: 15'</p>	<p><b>24</b></p> <p><b>COMPLEX WEIGHTLIFTING:</b></p> <p>BEAR COMPLEX VARIATION</p> <p>15' PARA BUSCAR MAX WEIGHT: 1 CLEAN + 1 FRONT SQUAT + 1 STOH</p> <p><b>WOD:</b></p> <p>"DT HEAVY"</p> <p>5 ROUNDS FOR TIME:</p> <p>12 DEADLIFTS (70/50) 9 HANG CLEAN (70/50) 6 PUSH JERK (70/50)</p> <p>TC: 15'.</p>	<p><b>25</b></p> <p><b>GYMNASTICS SKILL:</b></p> <p>BAR MUSCLE UP &amp; PISTOLS</p> <p><b>WOD:</b></p> <p>FOR TIME:</p> <p>10-20-30-20-10</p> <p>CHEST TO BAR PISTOLS ** 2 BAR MUSCLE UP BETWEEN ROUNDS</p> <p>TC: 16'</p>	<p><b>26</b></p> <p><b>HEAVY SQUAT STRENGTH:</b></p> <p>5X5 BACK SQUAT @85% DE 1RM</p> <p><b>TEAM WOD (3):</b></p> <p>150 CAL ROW (R3) 100 WALL BALLS (S2) 75 T2B (R3) 50 SYNCHRO BURPEES (S3) 25 ROPE CLIMBS (R3)</p>	<p><b>27</b></p> <p><b>TEST WOD 26.1</b></p> <p>1.000M RUN 50 TOES TO BAR 40 HANG POWER CLEANS (60/40 KG) 30 HANDSTAND PUSH-UPS 20 FRONT SQUATS (60/40 KG) 30 HANDSTAND PUSH-UPS 40 HANG POWER CLEANS (60/40 KG) 50 TOES TO BAR 1.000M RUN</p>		

