

# WOD

## PROGRAMACIÓ ABRIL

BY ASTRID GALIMANY

DILLUNS	DIMARTS	DIMECRES	DIJOUS	DIVENDRES	DS	DG
		<p><b>01</b></p> <p><b>STRENGTH:</b></p> <p>3X3 BACK SQUAT 3 REPS @85% (RIR2-3) 3 @90% (RIR1-2) 3 @95%. (RIR0-1)</p> <p><b>WOD:</b></p> <p>5 RONDAS: 200M RUN + MAX UNBROKEN TOES TO BAR (1' REST)</p>	<p><b>02</b></p> <p><b>HALTERO:</b></p> <p>POWER CLEAN</p> <p>EMOM 10': 5-5-3-3-2-2-1-1-1-1</p> <p><b>WOD:</b></p> <p>AMRAP 12': 15 KB SWINGS (24/16KG) 10 BOX JUMPS 30 DOUBLE UNDERS</p>	<p><b>03</b></p> <p>FESTIU</p>	04	05
<p><b>06</b></p> <p>FESTIU</p>	<p><b>07</b></p> <p><b>CARDIO PARTY:</b></p> <p>3 RONDAS POR TIEMPO: 1000M RUN / 1000M ROW / 1000M SKIERG 60 WALL BALLS 40 T2B 20 HSPU</p>	<p><b>08</b></p> <p><b>GYMNASTICS SKILL:</b></p> <p>BUTTERFLY PULL UPS</p> <p>EMOM 12': EVEN: 15/12 CAL ROW ODD: MAX UNBROKEN PULL UPS</p> <p><b>WOD:</b></p> <p>2 ROUNDS: 100M FARMER CARRY 12+12 HANG KB SNATCH (20/16KG) 24 DOUBLE UNDERS</p>	<p><b>09</b></p> <p><b>STRENGTH:</b></p> <p>3X3 BENCH PRESS 3 REPS @85% (RIR2-3) 3 @90% (RIR1-2) 3 @95%. (RIR0-1)</p> <p><b>WOD:</b></p> <p>10-9-8-7-6-5-4-3-2-1 DB THRUSTERS (2X22, 5/15KG) 2-4-6-8-10-12-14-16- 18-20 SHUTTLE RUN BURPEES</p>	<p><b>10</b></p> <p><b>HALTERO:</b></p> <p>POWER SNATCH EMOM 10': 5-5-3-3-2-2-1-1-1-1</p> <p><b>WOD:</b></p> <p>AMRAP 12': 30 BACK RACK LUNGE (40/30KG) 15 PUSH UPS 30 RUSSIAN TWIST (MEDBALL) 15M SLED PUSH (60/40KG)</p>	11	12
<p><b>13</b></p> <p><b>GYMNASTICS SKILL:</b></p> <p>HSPU LOOK FOR RM IN DEFICIT</p> <p>EMOM 12': EVEN: 15/12 CAL ROW ODD: MAX UNBROKEN HSPU</p> <p><b>WOD:</b></p> <p>2' ON / 1' OFF X 6 ROUDNS - (FLOW: ABABAB)</p> <p>A - 2KB ROUND: 12 HANG CLEANS + 9 FRONT SQUATS + 6 JERKS AT THE END: MAX. V-UPS</p> <p>B - 2DB ROUND: 6 DEVIL PRESS + 9 PLANK ROWS + 12 HANG SNATCH AT THE END: MAX. BURROLLS (RX.40/30KG)</p>	<p><b>14</b></p> <p><b>HALTERO:</b></p> <p>HANG CLEAN &amp; JERK</p> <p>EMOM 10': 5-5-3-3-2-2-1-1-1-1</p> <p><b>PARTNER WOD:</b></p> <p>AMRAP 14': 5 POWER CLEANS (60/40KG) 10 BOX JUMP OVER</p>	<p><b>15</b></p> <p><b>POWER WORK:</b></p> <p>6 ROUNDS OF: 3 FRONT SQUATS (85%) 5 LONG BROAD JUMP - 2' REST -</p> <p><b>WOD:</b></p> <p>15-12-9-6-3 SNATCH 30 -24 - 18 - 12 - 6 AIR SQUATS (60/40KG)</p>	<p><b>16</b></p> <p><b>STRONGMAN DAY:</b></p> <p>SKILL: SANDBAG CLEANS</p> <p><b>WOD:</b></p> <p>EMOM 32':</p> <p>1ST. HEAVY WALL BALLS 2ND. SKIERG 3RD. SANDBAG CLEANS 4TH. ROWING 5TH. DB STRICT PRESS 6TH. FARMER WALK 7TH. STRICT T2B 8TH. REST</p>	<p><b>17</b></p> <p><b>STRENGTH:</b></p> <p>3X3 DEADLIFT 3 REPS @85% (RIR2-3) 3 @90% (RIR1-2) 3 @95%. (RIR0-1)</p> <p><b>WOD:</b></p> <p>30 CLEAN AND JERKS (40/30KG) 30 WALL BALLS 20 HANG POWER CLEANS (50/35KG) 20 PULL UPS 10 JERKS (60/40KG) 10 BMU</p>	18	19
<p><b>20</b></p> <p><b>POWER WORK:</b></p> <p>6 ROUNDS OF: 3 PUSH PRESS (85%) + 5 HIGH BOX JUMPS - 2' REST -</p> <p><b>WOD:</b></p> <p>3 ROUNDS: 100 DOUBLE-UNDERS 25 BURPEES TO A TARGET 15 T2B</p>	<p><b>21</b></p> <p><b>STRENGTH:</b></p> <p>3X3 PULL UPS</p> <p>THEN... BENT OVER ROW 3 REPS @85% (RIR2-3) 3 @90% (RIR1-2) 3 @95%. (RIR0-1)</p> <p><b>WOD:</b></p> <p>21-15-9 CALORIES SKIERG CLEAN AND JERKS (60/40KG)</p>	<p><b>22</b></p> <p><b>HALTERO:</b></p> <p>HANG SQUAT SNATCH</p> <p>EMOM 10': 5-5-3-3-2-2-1-1-1-1</p> <p><b>WOD:</b></p> <p>5 ROUNDS: 10 HANG SNATCH (50% OF RM) 10 OHS 2 ROPE CLIMBS</p>	<p><b>23</b></p> <p><b>TEAM WOD OF 3:</b></p> <p>CASH IN: 2000M MACHINE 1</p> <p>50 SIT UPS 50 BOX JUMP OVER 50 PULL UPS 2000M MACHINE 2 50 T2B 50 BOX JUMP OVER 50 HSPU</p> <p>CASH OUT: 2000M MACHINE 3 (TC. 40')</p>	<p><b>24</b></p> <p><b>UPPER BODY ACCESSORY WORK:</b></p> <p>4 ROUNDS FOR QUALI- TY: 10 AUSTRALIAN PULL UPS 10 FLOOR PRESS 10 SHOULDER LATERAL RAISES 10 RING DIPS - 2' REST -</p> <p><b>WOD:</b></p> <p>AMRAP 12' 12 CLUSTERS (40/30KG) 6 WALL CLIMBS 12 SDLHP (40/30KG) 6 WALL CLIMBS</p>	25	29
<p><b>27</b></p> <p><b>HALTERO:</b></p> <p>SQUAT CLEAN</p> <p>EMOM 10': 5-5-3-3-2-2-1-1-1-1</p> <p><b>WOD:</b></p> <p>21-18-15-12-9-6-3 FRONT SQUATS (60/40KG) T2B</p>	<p><b>28</b></p> <p><b>GYMNASTICS SKILL:</b></p> <p>BAR MUSCLE UP</p> <p><b>WOD:</b></p> <p>AMRAP 16'</p> <p>3 BAR MUSCLE UPS 9 PUSH PRESS (60/40KG) 27 CALORIES ROW</p>	<p><b>29</b></p> <p><b>STRENGTH:</b></p> <p>3X3 STRICT PRESS 3 REPS @85% (RIR2-3) 3 @90% (RIR1-2) 3 @95%. (RIR0-1)</p> <p><b>WOD:</b></p> <p>5-10-15 DEFICIT HAND STAND PUSH UPS 10-20-30 BOX JUMP OVER 20 - 40 - 60 DOUBLE UNDERS *2 ROPE CLIMBS AT THE END OF EACH ROUND</p>	<p><b>30</b></p> <p>TEST WOD 26.2</p>			

