Calisthenics & KB WODs

Dag 1

A) WUP "kosteskaft"

B) Banded exercise#5
- Banded Face-pull
  - Reps: 10-8-6-4-2

C) Core #8

2 runder:
- 30 Bækkenløft
- 30sek Cook Bridge hø
- 30 Bækkenløft
- 30sek Cook Bridge ve

D) Static/Strength
- "2 up, 1 down"
  - Reps: 10-8-6-4-2
- Diamond push-ups
  - Reps: 10-8-6-4-2

E) Move
- Ro 5km for tid

Dag 2

A) WUP "kosteskaft"

B) Banded exercise#6
- Banded X-over highpull
- Banded chest flies
  - Reps: 10-8-6-4-2

C) Core #9
- Plyometric push-ups
  - 10-8-6-4-2
- Strict pull-ups
  - 5-4-3-2-1

D) WOD

5 runder for tid:
- 600m løb
- 12 KB Goblet squats @16kg
- 12 KB walking lunges (KB i Goblet greb)

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Dag 3

A) WUP “kosteskaft”

B) Banded exercise#7
Banded tricep pull-down
Reps: 10-10-10

C) Core #7
40 SL alt V-ups
1min planke
30 SL alt V-ups
1min planke
20 SL alt V-ups
1min planke
10 SL alt V-ups

D) KB strength
Kneeling inv KB strict press 12-16kg
KB scull crusher @ 20 kg
KB bench press @ 20 kg
Reps: 10-8-6-4-2
Sidste runde (2) KB bench-press køres Max rep til failure.

E) WOD
AMRAP20
200m løb 3% incline
3hø+3ve KB snatch 20kg
200m løb 6% incline
6hø+6ve KB snatch 16kg

Dag 4

A) WUP “Løb”:
2 runder, 10m hver:
Walking quad stretch
Walking hamstring stretch
Walking knee hug
Walking High kicks
Broad jump
Derefter:
3x200m løb (jog - løb - dagens tempo)

B) Mobility #2

C) Move
Løb 50min for distance

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