

MON GPP

A1. Dumbbell Split Squat

(2-3) x 6-8/ side @30X0
Rest 30-sec between sides
Rest 30-sec before A2

A2. Glute Ham Raise

(2-3) x 5-6 @50A0
Rest 1-minute before A1

Do B1 or B2

B1. 10'EMOM

1 x Segment Power Clean
1 x Hang Power Clean
Or

3 x Hang Clean Pull
Add weight each set

B2. One and a Quarter Front Squat

2 x 10 @RPE 7 Rest 2 to 3-minutes

between sets

C1. 4 RFT

6 Hang Power Cleans 70/45 Kg
4 Burpee Box Jump @ 24/20"
Modify weight +/- 30% according to ability
Rest 30-sec between sets
Rest 60-sec before D2

C2. 4 RFT

4 Power Clean 70/45 Kg
6 Bar Facing Burpees
Modify weight +/- 30% according to ability
Rest 30-sec between sets

Note: if You did B2, use DBs for the Power Cleans

TUE GPP

A. Incline Bench Press

4 x 8 @20X0

Rest 2 to 3-minutes between sets

B1. Single Arm Dumbbell Press

3 x 10/side @20X0

Rest 30-sec before B2

B2. Single Arm Dumbbell Two Point Row To Hip

3 x 10/side @20X0

Rest 60-sec before B1

C. 15'AMRAP

6 Ring Dips

6 Strict Pull Ups

12 KB Push Press @ 24/16 Kg

20/15 Calorie Row

High, but repeatable effort

WED GPP

A. Romanian Deadlift

(6-8)x 8 @31x0 (RPE7), every 90-sec

B. For Time

70/50 Calorie Air Bike

60 Box Jump Step Down @24/20"

50 Alternating DB Snatch @22.5/15 Kg

40 Single Arm DB Overhead Squat or DB Front Rack Squat @22.5/15 Kg

30 Pull-ups or Feet Elevated Ring Rows

20 Burpees

C. 5 RFQ

40m Farmers Carry

20sec Tuck L Sit

Rest 30-60sec between sets

THU GPP

A. Active Recovery

8-10 Rounds @sustainable pace:

Any Erg/Machine of your choice 10/7 cal @ 70% Effort

30sec Ring Plank

15m/side SA KB Overhead Carry (lightweight)

FRI GPP

A. Snatch Complex

5 Rounds @RPE 7
2 Hang Power Snatches
2 Overhead Squats
Rest 90-sec between sets

B1. Barbell Rear Foot Elevated Split Squat

3 x 10/side @20x0 (RPE 7)

Rest 1-minute before B2

B2. Weighted Pull-Up

3 x 4-6 @RPE 7

Rest 90-seconds before B1

C. 4 RFT

2 Rope Climbs
10 Rear Foot Elevated Split Squat/side
50 Double Unders
500/400m Row
Rest 2-minutes between rounds

SAT GPP

A. 10-12'AMRAP

10/7 Cal Air Bike
10 Db. RDL @31x0
10 Db. Bench Press @31x0

B. 10"EMOM

Modify weights accordingly @RPE 7
(1) - 6 Snatch Grip RDL @31X1
(2) - 4-6 Weighted Strict Dip @31X1

C1. Eccentric Handstand Push-Up

3 x 3-5 @50A0

Rest 30-sec before B2

C2. Dumbbell Lateral Raise

3 x 12-15@30x0

Rest 60-sec before B1

D. 4RFT

15 GHD sit-ups
12 Bar Facing Burpees
9 Deadlifts (increasing weight each set)
Rest 2-minutes between rounds