

Adaption 1: Phase 2	Monday 29/08/16	Tuesday 30/08/16	Wednesday 31/08/16	Thursday 01/09/16	Friday 02/09/16	3 rounds 03/09/16	Sunday 04/09/16
Week 2	<b>Squat / Pull</b> Warm up / Mobilize 10mins wall squat 6 Golbet squat 8 air squats 10 Bottom squat hold 60sec Hanging shrugs 8 Band rows 10 x3	<b>Olympic - clean</b> Warm up / Mobilize 10mins Muscle cleans x5 High pulls x5 Power cleans x5 Front Squatsx5 Squat Cleans x5 Push Jerk x5	<b>Breathing</b> Mobility 10mins Warm for workout  Hip bridges KB swings Walk outs Shoulder press	<b>Gymnastics</b>  See Blog post and GYM board for Gymnastics	<b>Deadlift - Push</b> Warm up / Mobilize 10 mins hip bridges 20 rev lunges 20 Banded RDL 10 Scapula press ups 10 Banded rows 10 x3	<b>Olympic - snatch</b> Warm up / Mobilize 10mins MuscleSnatch x5 SantchHigh pulls x5 Power Santch x5 OH squatx5 Squat Snatch x5	<b>Breathing</b> Mobility 10mins Warm up for workout  Muscle clean5 Power Cleans x5 Front squat (hold bottom)x5 Hanging shrugs x5 Hollow rocks x5
	A 16min E2MOM (4sets each) of: A1 Back Squats C/P 10-12 @3010 75%1rm F 12-15 @3010 Final set ME  A2 Pull ups / neg pull ups C/P 8-10 @3010 @70% F 8-10 @ 3010  B 6min EMOM (3sets) 1:1 wrk / rest alt leg high steps ME @BW  C 6min EMOM (3sets) 1:1 wrk / rest Ring dips / P bar press ups when you fai lock outs scale to toes on floor	A. 16min E2MOM (8 sets) C/P 5x squat clean and jerks 60%  F 5x Mid Hang Power Clean and push jerk  B. 6 minsE90sec (4sets) Clean Pulls C/P/F 6reps @A+  C. 6min E90sec (4sets) Push press (bar from floor) C/P/F 6 reps@50%A	A.38mins 70-80% Working in pair in a YGIG format 5 rounds each: 250 m row 15 KBS  Rest 4 mins at change over  Working in pair in a YGIG format 5 rounds each Bike 20Kcals 15 burpees  Rest 4 mins at change over  Working in pair in a YGIG format 5 rounds each Run 200mtrs 15 Plate GTOH 20/10		A 16min E2MOM (4sets each) of: A1 Deadlifts@75% C/P 6-8 @3111 F 8-10 @3111 Final set ME  A2 Seated OH press C/P 10-12 @3010 @70%1rm F 12-15 @ 3010  B 12 mins EMOM B1. KB RDL C/P/F 10 B2 Double KB push press C/P/F 10 @ lite	A. 16min E2MOM (8 sets) C/P 3-5xsquat snatches Start lite  F 3-5x power snatches  B 6min E90seconds (4sets) Snatch grip Pulls C/P/F 6 @A+  C. 6min E90sec (4sets) OH squats C/P/F 6 reps @50%A If you have not got OH squats scale to 12 heavy Goblet squats	A. 16min 70-80% In partners 3,6,9,12, etc.. Squats or Power Clean 60/40kg (scale) TTB /K2E/ V sit  Rest 4mins  B. 16min 70-80% In partners YGIG P1 Run 400mtrs P2 20no wall ball arms only wall shots 9/7
	3x3mins rounds with 1min rest between rounds Run 400mtrs Round 1 AKB - ME Round 2 Godblet Squats ME Round 3KB thrusters ME	15min 5 Rounds of: 2 min work 1 min rest 3 x Power Cleans (moderate - Heavy) 6 x Press Ups 9 x Air Squats	Accessory work 5min Bottom of the squat hold accumalate 3-5mins total time at the bottom.		5 min AMRAP 10 press ups 15 DU  Rest 2 min  5 Min AMRAP 10 RKBS 15 Box Jump Step Down	In Teams of 4 move through 16 Min AMRAP 5 Deadlift (moderate- Heavy) 15 Airfit Cal  Aim for a weight on the deadlift that is roughly 70-80% of 1 RM	Accessory work 5min 10 Back exts 30no calfraises