

Adaption 1: Phase 1	Monday 22/08/16	Tuesday 23/08/16	Wednesday 24/08/16	Thursday 25/08/16	Friday 26/08/16	Saturday 27/08/16	Sunday 28/08/16
	Squat / Pull	Olympic - clean	Breathing	Gymnastics	Deadlift / Push	Olympic - snatch	Breathing
Week 1	Warm up / Mobilize 10mins wall squat 6 Golbet squat 8 air squats 10 Sit in squat 60sec Hanging shrugs 10 Band rows 20 x3	Warm up / Mobilize 10mins Muscle cleans x5 High pulls x5 Power cleans x5 Front Squatsx5 Squat Cleans x5	Mobility 10min Hip flexors / Shoulders Warm up 5 mins KB swings 10 Push press 5 Hanging shrugs 10 wall balls 5	See Blog post and GYM board for Gymnastics	Warm up / Mobilize 10 mins hip bridges 20 rev lunges 20 banded RDL 10 Scapula press ups 10 Banded rows 10 x3	Warm up / Mobilize 10mins MuscleSnatch x5 SantchHigh pulls x5 Power Santch x5 OH squatx5 Squat Snatch x5	Mobility 10min Hamstrings / shoulders Warm up 5 mins Hanging shrugs 10 Power cleans 5
	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 10 mins EMOM alt B1. Box jump (high) step down or step up step down C/P/F 10 B2 Heavy KB swings C/P/F 10	A. 16min E2MOM (8 sets) C/P 1 High Hang Power Clean + 1 Mid Hang Power Clean + 2 squat Clean @ 65- 75%+ of Power Clean F 1 High Hang Power Clean + 1 Mid Hang Power Clean + 2 power cleans B 6 minsE90seconds (4sets) Clean Pulls C/P/F 6-8 @A+	[32min] 70% 8min AMRAP of 20UB RKB5 10 Push-Press (light) Rest exactly 4 minutes 8min AMRAP of: 20Cal Row 10 Pull-ups /ring rows Rest exactly 4 minutes 8min AMRAP of: 20UB Wall Balls 10 TTB /V sits Should be a steady pace as UB as possible.		A 16min E2MOM (4sets each) of: A1 Deadlifts@ 20x0 @75%1rm 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 12 B2 Wall balls C/P/F 10 @ 9/7	A. 16min E2MOM (8 sets) C/P 1 High Power Snatch + 1 Mid Hang Power Snatch + 2 squat Santch @ 65 75%+ of Power Clean F 1 High Hang Power snatch + 1 Mid Hang Power santch + 2 power snatch B 6 minsE90seconds (4sets) Snatch grip Pulls C/P/F 6-8 @A+	A.18mins 3min AMRAP 80% 3 power cleans 70/50 3 T2B /K2E/V sit rest 3mins 3min AMRAP 6 power cleans 6 T2B /K2E/V sit rest 3mins 3min AMRAP 9 power cleans 9 T2B /K2E/V sit scale as needed 20mins - In teams of 4 1:3wrk / rst EMOM do 3 burpees to start then cycle as far as possible in remaining time.
	12mins AMRAP 50 DU /100 singles 10 HSPU / Box hinge / P bar press 50 air squats 10 T2B /K2E /V sits	15 mins Run 800mtrs 9 thrusters 45/35 9 over the bar burpees Run 400mtrs 12 Thruster 12 over bar burpees Run 200mtrs 15 Thrusters 15 over bar burpees	Accessory work 5min 30no Cuban rotations 30no external rotations		10mins AMRAP 20 RKB5 (heavy) 10 Pull ups / Ring rows 20 KB carry walking lunges	18 mins teams 3 E2MOM Rowing 20Kcals ME wall balls 9/7 1:2 work / rest	Accessory work 5min 20 banded RDL 20 Hip bridges