

Intesification 1: Phase 1		Monday 03/10/16	Tuesday 04/10/16	Wednesday 05/10/16	Thursday 06/10/16	Friday 07/10/16	Saturday 08/10/16	Sunday 09/10/16
		Breathing	Squat / Pull	Olympic - clean	Gymnastics	Breathing	Deadlift / Push	Olympic - snatch
Week 3		Warm up / Mobilize 10mins  wall squat 6 Golbet squat 8 air squats 10 Hanging shrugs 8 Band rows 10 x3	Warm up / Mobilize 10mins  wall squat 6 Golbet squat 8 air squats 10 Hanging shrugs 10 Ring rows 8 KB Cleans	Warm up / Mobilize 10mins  Muscle cleans x5 High pulls x5 Power cleans x5 Front Squatsx5 Squat Cleans x5	See Blog post and GYM board for Gymnastics	Warm up / Mobilize 10mins  KB swings Burpees Box jumps V sits	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
		3 minutes of fun (RPE 8-9)  3mins Row max distance  rest 3 mins  3min Wall balls ME  rest 3 mins  3mins Burpees box jumps ME  rest 3 mins  x2 rounds	A 20min E2MOM (5sets each) of: A1 Back Squats C/P 5-7 @3010 F 7-10 @3010 final set 2min max reps @ 70% of best weight  A2 Pull ups / neg pull ups C/P 3-5 @3010 (weighted) F 5-7 @ 3010  B 12 mins EMOM (6sets each) B1.8-10 alt box / pistol squats scaled as needed B2. Chin up hold ME	A. 6min E90sec (4 sets) C/P 3x squat cleans 2x push jerk @50% 1rm  F 3x power cleans 2x push jerk  B. 16min E2MOM (8 sets) C/P 2x squat cleans 1x push jerk @ 70%+ 1rm  F 2x power cleans 1x push jerk @ 70%+ 1rm		35min (15min RPE 7-8) working with partner YGIG 5x BB thruster 45/35 10T2B / K2E / V sits  5 min reset  (15min RPE 8-9) working in teams of 5 MAX :30sec Aitfit Bike Each Turn	A 20min E2MOM (5sets each) of: A1 Deadlifts C/P 3-5 @3111 F 5-7 @3111 Last set 2min ME @ 70% of best weight  A2 Bench press C/P 3-5 @3010 F 5-7 @ 3010  B 16 mins E2MOM (8 sets) B1 Triple jumpers step up 8el B2 HSPU / Piked press up 6-8	A. 6min E90sec (4 sets) C/P 3-5x Squat Snatch @50% 1rm  F 5x Power Snatch  B. 16min E2MOM (8 sets) C/P 3x Squat Snatch @ 70%+ 1rm  F 3x power Snatch @ 70%+ 1rm
		6min Accessory work 10 dead bugs @ 5seconds each leg KB side bends 15each side	3 rounds 30 DU 20 wall balls 10ea DB /KB Cleans	12 min Double reps each round 1x power clean @60%B 2xT2B/ Vists 4 air squats 2x power clean @60%B 4xT2B/ Vists 8 air squats Etc		6min Accessory work 15x cuban roations 15x external rotations AMRAP	3 rounds for time of: 20 Kettlebell Swings (heavy) 10 Box jump overs AFAP	10min Alt minAMRAP odd min ME OHS (light) or heavy goblet squats Even min ME Pull ups or scale as needed