

Testing: Phase 3		Monday 05/12/16	Tuesday 06/12/16	Wednesday 07/12/16	Thursday 08/12/16	Friday 09/12/16	Saturday 10/12/16	Sunday 11/12/16
		Olympic squat clean	Lifting (Upper) breathing	Olympic snatch	Gymnastics	Lifting (lower)breathing	Olympic power clean / press	Breathing
Week 6		Warm up 10mins Mucle clean High pull Power Clean Front squat Clean	Warm up 10mins Shoulder Mobility Scapula press ups Banded rows Hang shrugs	Warm up 10min Mucle Snatch SnatchHigh pull Power Snatch Pressing snatch balance Snatch balance Snatch	See Blog post and GYM board for Gymnastics	Warm UP 10mins Ankle /calf mobility Wall squats Goblet squats Kneed banded squats BB paused squats	Warm up 10mins Mucle clean High pull Power Clean Press Paused dip jerks Split jerk	Warm up 10mins Banded RDL Banded pull apart Alt lunges walkouts to press
		3 rep max day A 4min EMOM (4 sets) C/P - 5x squat cleans @ 50% P/F 5x power cleans @ 50% B 8mins E2MO2M (4 sets) C/P - 3x squat cleans @ 80%+ P/F 3x power cleans @ 80%+ C 10mins You have 10 mins to achieve your best 3RPM clean for the day.	A 6 mins EMOM Odd 10 press ups Even 10 ring rows B 16 mins (8set - 4 each) E2MO2M A1 C/P/F bench press 4x,5,5,3,3 @ 85%+3010 A2 C/P Weighted Pull ups 4x5,5,3,3 @ 30X2 F Negative /scales 4x3-5 @ ME ecentric B 4mins You have 3 attempts to get as many Dips or true press ups as you can rest as needed C 2x5mins rounds AFAP 10 box jumps 20 wall ball 40 DU if you finish in 3min you get 2 mins rest	A 4min EMOM (4 sets) C/P 5x squat snatch @ 50% P/F 5x power snatch @ 50% B 8mins E2MO2M (4 sets) C/P - 3x squat snatch @ 80%+ P/F 3x power snatch @ 80%+ C 10mins (5 rounds) Complex @ 50% B C/P 1x high hang power 1x mid hang power 1 power snatch from Floor 2x OH squat. F/ P 1x high hang power 1x mid hang power 1 power snatch from Floor 30sec OH hold		A 16 mins (6sets) E2MO2M C/P Back squats 4x5,5,3,3,3,3 @ 85%+3010 Fx 4x8,8,6,6,6,6 @75% 3010 B 6mins E2MO2M 6-8each leg alt 1lg squats / 1 lg box step ups / scales C 20mins RPE 8 working with a partner YGIG format 5 T2B / K2E / 10 V sits 20 KB walking lunges 5ea KB STO H	GRACE A 12 mins 6 sets E2MO2M - increasing weight min 0 -10 clean n press min 2 -8 clean n press min 4 -6 clean n press min 6 -4 clean n press min 8 -2 clean n press min 10 - 4 clean n press Split into 2 groups Group A you have 5 minutese to warm up for GRACE Group B counting reps please Then swope over GRACE 30 clean n press for time @60/40Kg Ms Grace 10x dealifts 10 STO H x3 round Medium weight	Thomas test Extended warm up 6min EMOM odd 10 Squats / 5 press ups even 5Ring rows / 10 lunges 3 waves on rower working in waves rowing warm up 12mins 3x1min rows row at 75% effort check time and stroke rate 4min Thomas test Every 6min 1 Wave will work the other waves keep them moving and keep warm .
		4x2min rounds with 1 min rest Drop the weight to 50% MAX 10 power cleans 5 burpees Aim to add reps eachround	Accessory work 5min YTW 3x20each	AFAP With a very lite weight MX 40/30kg 50 deadlifts 50 hang power snatch 50 back squats 50 push press		Accessory work 5min 10 Back exts 30no calfraises	8 mins 6 rounds of CINDY 5 pull ups / ring rows 10 press ups 15 air squats ME AKBS (medium)	Accessory work 8min DB bicep curls x20 banded tricep ext x20 AMRAP