

# Muscle | March - May | Training Week 20

## Squat Snatch & Toes2bar



|                    | Monday   13-05-19   | Tuesday   14-05-19   | Wednesday   15-05-19  | Thursday   16-05-19  | Friday   17-05-19   | Saturday   18-05-19   | Sunday   19-05-19   |
|--------------------|---|--|---|--|---|---|---|
| Context            | Quality   | Quality  | Benchmark   | Quality  | Quality   | Toughness   | Quality   |
|                    | Speed   | Work Capacity  | Volume - Lactic   | Heavy - Alactic  | Work Capacity   | Volume - Lactic   | Work Capacity   |
| Level              | Level 1<br>12 EMOM Alternating<br>6 DB Squats<br>6 Strict DB Press  | 4 Rounds of 3 minutes<br>8 Knee Raises<br>30sec Rack Support                   | 4 Rounds of 3 minutes<br>6 Box Squat (90% effort)<br>Bar of Dumbbells                       | 12 EMOM Alternating<br>6 DB Squats<br>6 Strict DB Press  | 4 Rounds of 4 minutes<br>8 Knee Raises<br>30sec Rack Support<br>12m Sled Pull Arms  | No Strength   | 4 Rounds of 3 minutes<br>6 Deadlift (90% effort)<br>Bar of Dumbbells      |
|                    | Level 2<br>12 EMOM<br>3 Hang Power Snatch   | 4 Rounds of 3 minutes<br>8 Knee to Elbow Strict<br>30sec Ring Support Vertical | 4-5 Rounds build-up<br>5 Heavy Back Squat<br>not to failure<br>1 RIR                        | 12 EMOM<br>3 Hang Power Snatch   | 4 Rounds of 4 minutes<br>8 Knee to Elbow Strict<br>30sec Ring Support Vertical<br>12m Sled Pull Arms  |   | 4-5 Rounds build-up<br>6 Deadlift (95% effort)<br>not to failure<br>1 RIR |
|                    | Level 3<br>12 EMOM<br>3x 3 Squat Snatch 60%1RM<br>3x 3 Squat Snatch 70% 1RM<br>3x 2 Squat Snatch 80%1RM<br>3x 1 Squat Snatch 90%1RM | 4 Rounds of 3 minutes<br>8 Toes2bar Strict<br>40sec Ring Support Vertical      | 4-5 Rounds build-up<br>5 Heavy Back Squat<br>not to failure<br>1 RIR                        | 12 EMOM<br>3x 3 Squat Snatch 60%1RM<br>3x 3 Squat Snatch 70% 1RM<br>3x 2 Squat Snatch 80%1RM<br>3x 1 Squat Snatch 90%1RM   | 4 Rounds of 4 minutes<br>8 Toes2bar Strict<br>40sec Ring Support Vertical<br>12m Sled Pull Arms   |   | 4-5 Rounds build-up<br>6 Deadlift (95% effort)<br>not to failure<br>1 RIR |
| Metcon             | 4 Rounds<br>15 Cal Assault Bike<br>20 Squat Ball or Sandbag<br>30 Plank Shoulder Taps<br>Rest 3 minutes                             | 8 min AMRAP<br>10 Burpees<br>8 Dumbbell Press<br>6 Body Rows                   | Angie<br>For time:<br>80 Body Rows<br>80 Push-ups<br>80 Sit-up (abmat)s<br>80 Air Squats    | 14 min AMRAP<br>6 Deadlifts (Bar or Kettlebell)<br>12 Pushups<br>18m Heavy SandBag (box to box)<br>(18m = 3x6m)<br>---<br>Elevated Deadlifts (depeding on flexibility) | For Time<br>Buy-in<br>20 Hang Dumbbell Snatches<br>---<br>4 Rounds<br>10 Box Step Ups (no weight)<br>100m Overhead Carry<br>10 Dumbbell Lunges<br>---<br>Buy-out<br>20 Hang Dumbbell Snatches<br>---<br>All with one Dumbbell | "Whitten"<br>Five rounds for time of:<br>18 Kettlebell swings<br>18 Box jump<br>Run 400 meters<br>18 Half Burpees<br>18 Wall balls                | 4 Rounds for Time<br>20 Wall Balls<br>10 Box Jumps<br>10 Body Rows        |
| Metcon Performance | 4 Rounds<br>20 Cal Assault Bike<br>30 Sandbag Squat 45/25kg<br>40 HS Shoulder Taps<br>Rest 3 minutes                                | 8 min AMRAP<br>10 Devil Presses<br>8m Handstand Walk<br>6 Strict Pullups       | Angie<br>For time:<br>100 Pull-ups<br>100 Push-ups<br>100 Sit-up (abmat)s<br>100 Air Squats | 14 min AMRAP<br>6 Deadlifts 100/70kg<br>12 Ring Dips Strict<br>18m Heavy SandBag (box to box)<br>(18m = 3x6m)  | For Time<br>Buy-in<br>30 Hang Dumbbell Snatches<br>---<br>4 Rounds<br>10 Box Step Over Dumbbell<br>100m Overhead Carry<br>10 Dumbbell Lunges<br>---<br>Buy-out<br>30 Hang Dumbbell Snatches<br>---<br>All with one Dumbbell   | "Whitten"<br>Five rounds for time of:<br>22 Kettlebell swings, 2 pood<br>22 Box jump, 24 inch box<br>Run 400 meters<br>22 Burpees<br>22 Wall ball | 4 Rounds for Time<br>30 Wall Balls<br>20m Broad Jumps<br>5 Bar Muscle Ups |
| Movements          | Squat Snatch<br>Press   | Ring Support Vertical<br>Toes2bar  | Back Squat<br>Pancake   | Toes2bar<br>Sled Pull Arms   | Deadlift<br>Ring Support Plank  |   | Squat Snatch  |
|                    | Assault Bike<br>Wall Walk<br>Sandbag Squat  | Handstand Walk<br>Strict Pullups<br>Devil Press                                | Pullups<br>Sit-ups<br>Squat   | Double Unders<br>Ring Dips<br>Farmer Carry   | Dumbbell Snatch<br>Overhead Carry<br>Box Step Over<br>Lunges  | Kettlebell Swings<br>Burpees<br>Running   | Ring Muscle Ups<br>Broad Jump<br>Wall Balls<br>Double Unders              |
| Cool Down          | 3 Rounds<br>Prone Dislocate<br>stick with 0,5 - 2,5kg   | 3 Rounds of 1 minute<br>Hanging  | 3 Rounds<br>8 reps Packcakes 5-10kg<br>Hold last rep for 20sec                              | Squat Sit during your Day<br>Collect 15 minutes today  | 3 Rounds<br>40 sec Prayer (Lat Tri) Stretch<br>40 sec Seated Butterfly Weighted   | 3 Rounds<br>1 min Hold Weighted Tailor Sit<br>1 min Reps L+R Goblet Cossack Squat   | 3 Rounds<br>50+50 Wushu Toe Bounce  |