

Deadlift & Ring Dips

	Monday 03-12-18	Tuesday 04-12-18	Wednesday 05-12-18	Thursday 06-12-18	Friday 07-12-18	Saturday 08-12-18	Sunday 09-12-18
Context	Quality	Benchmark	Toughness	Quality	Benchmark	Quality	Quality
	Speed	Heavy - Alactic	Work Capacity	Speed	Work Capacity	Volume - Lactic	Heavy - Alactic
Level 1	5 Rounds of 3 minutes 5 Deadlift 4+4 Dumbbell Press	4 Rounds of 3 minutes 6x 8m Sand bag Carry 10 Body Rows	12 min EMOM Alternating 5 Body Rows 5 Between Box Dips	4 Rounds of 3 minutes 5 Deadlift Kipping Practice	12 min EMOM Alternating 5 DB Squats 30sec Plank / Handstand Hold		4 Rounds of 3 minutes 8 Deadlift 8m Sand bag Lunges
Level 2	5 Rounds of 3 minutes 3 Deadlift 4 Strict Press	4 Rounds of 3 minutes 6x 8m Sand bag Carry 10 Slow Muscle-Ups Transitions	12 min EMOM Alternating 3 Pullups Heavy 3 Ring Dips	4 Rounds of 3 minutes 5 Deadlift 3-6 Chest to Bar Kipping Pullups	12 min EMOM Alternating 3 Power Clean 30sec Handstand Hold		4 Rounds of 3 minutes 8 Deadlift 8m Sand bag Lunges
Level 3	5 Rounds of 3 minutes 3 Deadlift 4 Strict Press	4 Rounds of 3 minutes 6x 8m Sand bag Carry Strict Muscle-Ups	12 min EMOM Alternating 2 Ring One Arm PU pinky assist 3 Ring Dips Leaning	4 Rounds of 3 minutes 5 Deadlift 2-4 Belly to Bar Kipping Pullups	12 min EMOM Alternating 3 Squat Clean 40sec Handstand Hold	No Strength	4 Rounds of 3 minutes 8 Deadlift 8m Sand bag Lunges
Metcon	3 Rounds for time 40 Single Unders 20 Kettlebell Swings 10 Jumping Pullups 5 Cal Assault Bike	3 RFT Front Squats and Burpee Pull-ups 3 rounds for time of: 12 DB Front Squats HEAVY 12 Half Burpee Jumping Pull-ups	8 min AMRAP 8 Sand Bag Shoulder to Shoulder 8 Burpees Box-over 12 DB Front Squats	3 Rounds 90sec all out - alternate buddy 300m Rowing Max Calories Assault Bike — 30 sec for switching	Adrian scaled 7 Rounds for Time 3 Forward Rolls 12 Plank/HS Shoulder Taps 7 Knee Raises 9 Box Jump	4 Rounds 30 Box Step-over 5-10kg Plate 40 Jumping Pullups 40 Kettlebell Swings 30 Knee Raises	2 Rounds For Time 15 Cal Row 12 Wall balls 10 DB Thrusters 2 Rounds For Time 10 Cal Assault Bike 12 Wall balls 10 DB Thrusters
Metcon Performance	3 Rounds for time 30 Double Unders 10 Cal Assault Bike 20 Kettlebell Swings 5 Bar Muscle Ups	3 RFT Front Squats and Burpee Pull-ups 3 rounds for time of: 12 Front Squats, 60/45kg 12 Burpee Pull-ups	8 min AMRAP 8 Sand Bag Shoulder to Shoulder 8 Burpees Box-over 12 SB Squats	3 Rounds 90sec all out - alternate buddy 300m Rowing Max Calories Assault Bike — 30 sec for switching	Adrian 7 Rounds for Time 3 Forward Rolls 5 Wall Climbs 7 Toes To Bars 9 Box Jump 76cm	4 Rounds 30 Box Step-over Sand Bag 40 Kipping Pullups 40 Kettlebell Swings 30 Toes2Bar	For Time 15 Cal Row 18 Wall balls 6 Thrusters 50-30kg 15 Cal Assault Bike 16 Wall balls 8 Thrusters 50-30kg 15 Cal Row 14 Wall balls 10 Thrusters 50-30kg 15 Cal Assault Bike 12 Wall balls 12 Thrusters 50-30kg
Cool Down							
Skills		Half Burpee Jumping Pullups Use Rings 2 fists above head		Practice fast rower feet straps	Practice Foward Rolls		
Links							