

WEEK	DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES
126	12/19	<p>12/19/2022 12 EMOM Min 1-4: 3 Push Press Min 5-8: 2 Push Press Min 9-12: 1 Push Press *12 CAP, unbroken barbell, climbing in load</p> <p>4 Min On/ 2 Min Off x 3 5 RMU (7) 10 Power Snatch@115/80 (155/105) 20/16 Cal Row Max DB Box Step Overs@50/35 *16 CAP</p>	<p>12/20/2022 20 AMRAP (16.2) 25 Toes-to-Bars 50 Double-Unders 15 Squat Cleans (135/85 lb) 25 Toes-to-Bars 50 Double-Unders 13 Squat Cleans (185/115 lb) 25 Toes-to-Bars 50 Double-Unders 11 Squat Cleans (225/145 lb) 25 Toes-to-Bars 50 Double-Unders 9 Squat Cleans (275/175 lb) 25 Toes-to-Bars 50 Double-Unders 7 Squat Cleans (315/205 lb) *20 CAP, just complete as 20 AMRAP w/out cutuffs every 4 minutes</p>	<p>12/21/2022 Bench Press x5 (warm up) x6,5,4,3,2,1 (building) *15 CAP</p> <p>Superset: 15 minutes (4-5 sets) BB Pendlay Row x4-6 DB Incline Bnech Press: x6-8 *15 CAP</p> <p>Giant Set 15 Minutes (2-3 sets) Chin Up x4-6 SA DB Z-Press x6-8ea BB Curlr x10-12 Plate Lateral Overhead Raise x15-20 *15 CAP</p>	<p>12/22/2022 27 PARTNER AMRAP 0-12: Alternate rounds 60 DU 6 Devil Press@50/35 12-15: REST 15-27: Alternate movements 10/8 Cal Bike 5 BBJO@24/20 (30/24) 50ft Bear Crawl (HSW) *27 CAP</p>	<p>12/23/2022 BB Back Rack Walking Lunge 4x50ft, build every set *10 CAP</p> <p>12 AMRAP Deadlift@245/165 (315/205) SHSPU (def:4/2in) -ascending by 1s - perform 5 Pull Up (C2B) after every *12 CAP</p>	<p>12/24 Team Wod made coaches</p>	
125	12/12	<p>12/12/2022 10 Minutes 1 Power Clean every 20sec -30 reps total *10 CAP, choose weight confident can complete, will do this for 2 more weeks so can increase each week</p> <p>5 RFT 3 Burpee Pull Up (BMU) 7 Power Clean@135/95 (165/115) -Rest 2 Min 5 RFT 7 Pull Up (C2B) 3 Power Clean@185/125 (225/145) *14 CAP</p>	<p>12/13/2022 OLY DAY Primer 5 EMOM 3 BTN PP + 3 BTN Jerk 5 CAP</p> <p>Strength 1 Every 1.5 x 10 0-5: 2 Jerk 5-10: Jerk *15 CAP</p> <p>Strength 2 Push Press 5x3 *10 CAP</p> <p>Strength 3 x5,4,3,2,1, Thruster *10 CAP, climbing</p> <p>Accessory (15 min = 3-4 sets) 6ea DB SA Row 8ea 1/2 Kneel SA Landmine Press 10ea SA DB High Pull 12 Band Pull Apart Underhand *10 CAP</p>	<p>12/14/2022 Bench Front Squat 10 EMOM 3, Climbing, come to complete pause on bench *10 CAP, will do this for the next 3 weeks</p> <p>10 AMRAP 15 Wall Ball@20/14 (30/20) 10 Shuttle Runs 5 Deadlift@225/145 (315/205) *10 CAP - shuttle distance = 10yds - down & back = 2</p>	<p>12/15/2022 24 AMRAP w/ Partner 30 Snacth@135/95 (155/105) 50/40 Cal Mchine 40 Bar Facing Burpee 100ft DB Walking Lunge@50/35 (70/50) 50 SA DB Hang C&J@50/35 (70/50) 150 DU *24 CAP, break up however</p>	<p>12/16/2022 10 EMOM -30s of BMU/RMU (focus on efficiency of reps) *10 CAP</p> <p>2 Minutes On/ 1 Min Off x 6 Odd: 50 DU 10 HSPU (SHSPU) Max Cal Row Even: 10 BJO@24/20 (30/24) 10 T2B (15) Max Cal Bike *17 CAP, score is total number of cal</p>	<p>12/17/2022 Team Wod made coaches</p>	