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## **BUILDING BRIDGES COMPETITOR 010116**

Complete 5 sets of 3, at 70% of max then Snatch Pulls Complete 6 sets of 3, at 85% of max then Shoulder Press Find your 5 rep max.

Strength

Power Snatch

Find your 3 rep max.

WOD

Complete for Time: 6 Squat Cleans 225/155

Complete 5 sets of 5, building to a 5 rep max.

6 Muscle Ups

20 Calories on Assault Bike

 6 Squat Cleans 225/155 · 6 Muscle Ups

 20 Calories on Assault Bike 6 Squat Cleans 225/155

 6 Muscle Ups 20 Calories on Assault Bike

 6 Squat Cleans 225/155 · 6 Muscle Ups

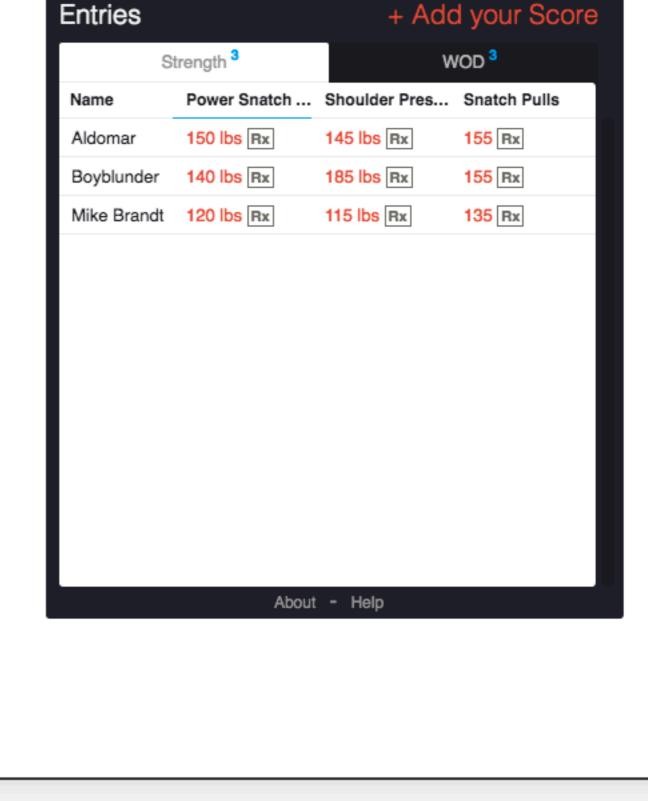
Substitutions:

Assault Bike: 20 Calorie Row

Post your scores to the Whiteboard.

**BUILDING BRIDGES COMPETITOR 010216** 

Clean And Jerk Complete 4 Sets Of 3 Reps @ 80% of 1 Rep Max



#### **WOD 1:** Complete 3 Rounds for Time of:

21 Wall Ball (20/14)

then

STRENGTH:

21 Toes To Bar

Rest 10 Min

WOD 2:

Rest 10-15 Min

**ENDURANCE** 

Complete 3 Rounds for Time of:

 30 GHD Sit-Ups 10 Bar Muscle-Ups

then

Post your scores to the Whiteboard.

**BUILDING BRIDGES COMPETITOR 010316** 

Complete 5 Sets for time of:

500 Meter Row For Time

Rest 1:30 Between Sets

Record Cumulative Time

Complete 3 Rounds for Time of:

Complete 4 sets of 3 reps @ 80% of your 1 Rep Max

# then

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Today is a scheduled rest day for this program. If you haven't completed the previous workouts, go ahead and do so.

STRENGTH 1:

**BUILDING BRIDGES COMPETITOR 010416** 

#### Rest 10-15 min then

Complete 10 rounds for time of: 10 Cal Assault Bike

WOD 2:

Snatch

WOD 1:

500 Meter Row

100 Double-Unders

then

then STRENGTH 2:

Legless Rope Climb

Odd Minutes: 12 Cal Bike

Even Minutes: 200 Meter Row

5-4-3-2-1

10 Toes To Bar

Rest 10-15 min

then **ENDURANCE:** 

Post your scores to the Whiteboard.

Every Minute on the Minute (EMOM) for 20:00

Overhead Squat From Floor (225/155lbs)

**ENDURANCE** Complete 3 Sets: 1K Row

Rest 1:1 On This Hold Pace For Your 2K

Clean And Jerk Complete 5 Sets Of 3 @ 80-85% Of 1RM

Find your 10 rep max.

Workout of the Day

then

Then

then

then

then

STRENGTH

**Back Squat** 

Snatch Balance Find your 2 rep max. Work up to a heavy double in 6 working sets

21-15-9 calorie assault bike sprints rest what whatever the set took you

· 7 Bar Facing Burpees then

This Workout Courtesy of Rich Froning)

Post your scores to the Whiteboard.

Complete 7 Rounds for Time of: 7 Power Cleans (245/170) 7 Box Jumps @ (42/30")

**EMOM** 

Every Minute on the Minute for 20:00

Odd Minutes: 5 Bench Press @ (245/170)lbs

### Even Minutes: 1 Front Squat From Floor @ (265/185)lbs then

 50 Double-Unders 50' Handstand Walk Right Into

then WOD 2:

 30 GHD Sit-Ups · 7 Handstand Push-Ups

then **ENDURANCE** 

4 miles 80-85%

Run

## Post your scores to the Whiteboard.

Complete 4 sets of 10 reps. Progress in weight each set and try to build to the heaviest 10 reps you can find.

**BUILDING BRIDGES COMPETITOR 010516** 

### **BUILDING BRIDGES COMPETITOR 010616** STRENGTH 1:

WOD 1: Complete 7 Rounds for Time of: 7 Power Cleans (95/65) lbs

7 Thrusters (95/65) lbs

STRENGTH 2:

Snatch Pulls

then

WOD 2:

Complete 6 sets of 3 reps @ 85% of 1RM Snatch

January 4th, 2016 | Building Bridges Competitor, Wods

ONE COMMENT

**BUILDING BRIDGES COMPETITOR 010716** 

**WOD 1:** Complete 4 Rounds for Time of:

Complete 5 Rounds for Time of:



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Whiteboard









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