

SELF PERFORMING

1 Month

CYCLE 5 Jours

Monday	Tuesday	Wenesday
<u>Accesory work</u> Fire bird 10 Rowing Band 10 Ghd get up 10 5 Rounds	Power Snatch 40%/5X5 Push Jerk 60%/5X4 Front Squat 80%/5X5	<u>Gym</u> 10 Toes to bar 50 DU 10 knees to elbow 50 DU 5 rounds
<u>Gym</u> Rowing rings 10 1 MU + Rings Dips 5 5 Rounds 10 HSPU +5MU unbroken AMRAP 10'	<u>Barbell Cycling</u> Clean & Jerk 40kg/30kg Emom : 10 reps 10 Min	20 push ups 20 pulls ups 20 burpees 5 rounds Row 500M 20 Jump Box 10 Climbing Rope 3 Rounds
Total Reps :	Time rest :	Time :

2 Days Weighlifting Mercredi /Vendredi

4 Days Gym/Met-Con/Accessory work Autres jours

Thursday	Friday	Saturday	Sunday
REST	High rowing pull Snatch 5X5/50% Push jerk 5X5/ 40%50% Passage Snatch 5X4/60%	KB swing 20 Squat Gobelet 20 5 rounds Deadlift 7X5/70%	REST
Rowing	<u>Barbell</u> <u>Cycling</u> Snatch 40kg/30kg Emom : 10 reps 10 Min	10 Pull ups 1A/R HS Walk 10 rings dips 1A/R HS Walk AMrap 17'	Run /bike
	Total reps	Total reps	