

CROSSFIT
A: Snatch Balance > 2 OHS 5 x The Complex Use a Rack
B: 10' AMRAP: 5 P. Snatch 60/40 kg 10 OHS 20 DU
C: 10' AMRAP 15/12 cal Row 12 m HSW
NOTES: Try to work for 10 minutes with as few breaks as possible.

CROSSFIT
A: 4 x 2 Skin The Cat 5" Hold in reverse hang
B: For Time (TC 14'): 10 P. Clean 70/ 50 kg 20 C2B Pull ups 10 Front Squats 70/ 50 kg 20 Pull- ups 10 H. Power Clean 70/ 50 kg 20 Toes to Bar
1' Rest ROT Row for cal.
C: 12-9-6-3 Clean 70/ 47.5 kg BMU Deadlift 70/ 47.5 kg Burpee
NOTES: Make sure to scale and get in the 14' Timecap. If necessary, go down with the reps.

CROSSFIT
A: Turkish Get Up 3 x 3 / Side
B: 10' AMRAP: 1, 2, 3, 4, 5 ... Deadlift 80/60 kg SHSU Strict Toes to Bar Double KB Clean 2x20/2x12 kg Strict Pull Ups
C: SRF(TC: 17') 150/125m Row *perform 1 Squat Clean (@bodyweight) for each pull you make on the rower
NOTES: This is a skill workout try to make the exercises strict for as long as possible.

CROSSFIT
A: Double KB Snatch 3 x 8
5 RFT (TC 18): 8 Double KB Thrusters 20/12 kg 50 DU 16 Toes to Bar 16 Double KB Snatch 20/12 kg
C: For Time (TC: 12') 10-8-6-4-2 Ring Muscle-Ups 16 m Handstand Walk (after each round)
NOTES: B is a Cardio workout ! Try to go unbroken in every exercise.

HERO FRIDAY
40' AMRAP: 1 Thrusters 60/40 kg 100 m Run 10 DU'S 10 KB Swings 24/16 kg
2 Thrusters 60/40 kg 200 m Run 20 DU'S 20 KB Swings 24/ 16 kg Increase by : 100 m/ 10 / 1 reps In every Round
NOTES: The goal is that you move all the time and that you do at least 5 rounds.

CROSSFIT
A: Hang P. Clean > 2 Front Squats 5 x The Complex
B: 40'on /20" off /2rd. Clusters 50/35 kg Lateral Bar Burpees Hang P. Cleans 50/35 kg Toes to Bar Rest
C: 10 RFT (TC:10') 2 Bar Muscle-Ups 4 m Handstand Walk 8 Alternating Pistols
NOTES: Always try to work through the 40 seconds. The goal is to have similar repetitions from round 1 to round 2.

WEEKLY MASH UP
4 x 8' AMRAP / 1' REST 800 /750m Row ROT AMRAP: 10 OHS 50/35 kg 8 KB Snatch 24/16 kg 6 HSPU
800 /750m Row ROT AMRAP: 10 Double Unders 8 Burpee Box Jumps 6 C2B Pull ups
800 /750m Row ROT AMRAP: 10 Lat. Bar Burpees 8 Thrusters 50/35 kg 6 Toes to Bar
NOTES: This is a long interval Workout, with 1' rest. Try to work through the 8' with as few breaks as possible.

Foundation
3 Continuous Rounds: 30" Shoulders External Rotation (90 degrees, belly position) 30" D. KB OH Carry
D. DB Snatch >4 Alt. DB OH Lunges 5 x The Complex
Fight gone bad-Variation/ 2 rd. 60" Alt. DB Snatch 60" DB Plank Pass Through 60" Goblet Lunges 60" KB/ Plate Good Mornings 60" Side Raises

Foundation
3 Continuous Rounds: 30" PVC Pass Through 30" Banded Pull Apart
4 x 2 Skin The Cat 5" Hold in reverse hang
Every 2' for 30': 5 Pull -ups 20" Dead Hang 5 Russian Twist ROT: Burpees
5 Push - ups 20" Ring Support Hold 5 Ball Squats (heavy) ROT: SU

Foundation
3 Continuous Rounds: 30" KB Bottom up Press L 30" KB Bottom up Press R 30" Miniband Ext. Rotation
Turkish Get Up 3 x 3 / Side
10' AMRAP: 1 TGU R 1 TGU L 8 KB OH Lunges L 8 KB OH Lunges R 8 D. KB Bent over Row 8 Front Raises 8 KB Sit -ups > Press

Foundation
3 Continuous Rounds: 30" Cheerleader up and out 30" Banded Snatch
Double KB Snatch 3 x 8
10' Timeframe: 20 KB Snatch (10/10) ROT AMRAP: 10 Goblet Squats 5 / 5 Bent over Row 10 Leg Raises over KB 10 KB Pass Through

Foundation
3 Continuous Rounds: 30" PVC Ext. Rotation L. 30" PVC Ext. Rotation R. 30" Tuck Walk
D.DB Hang P. Clean > 2 Front Squats 5 x The Complex
40'on /20" off 2rd. D. DB P. Clean Lateral DB Burpees D. DB Front Squats Knee Raises Rest

FITXPRESS
28' AMRAP: 30" Fire Chair 30" Jumping Lunges 30" Hollow Rock 30" Box Jumps 30" Plank 30" Jumping Squats 30" Box Pike HS Hold 30 Burpees 1' Rest Every 2' : 5 Down- ups

FITXPRESS
3x10 'AMRAP /1' Rest 1500/1250 m Row ROT AMRAP: 1,2,3,4,...
Plank Tucks Sit -ups Ring Rows
1500/1250 m Row ROT AMRAP: 1,2,3,4,...
Burpee over Rower KB Thrusters L KB Thrusters R KB Halo
1500/1250 m Row ROT AMRAP: 1,2,3,4,...
Push- ups Down - up over Rower 10,20,...SU

FITXPRESS
Every 3 for 27': 10 Ball over Shoulders 10 Ball Bear Hug Squats ROT: SU
5 Inch Worm 10 D. DB Box Step over ROT: Box Jumps
10 D. KB Push Press 10 D. KB OH Lunges ROT: Burpee to Target

FITXPRESS
Fight gone bad-Variation/ 3rd . 60" Row 60" Burpee to Target 60" Plank hold 60" SU 60" Fire Chair 60" Down- up > Tuck Jumps 60" REST

FITXPRESS
14' AMRAP: 10 KB Thrusters 10 KB FR Lunges 20 KB Russian Twist 500m Row
1' Rest 14' AMRAP: 15/12 Cal Row 5 Down up over Rower 20 Jumping Lunges 10 Sit- ups

Bootcamp/Workout 9
AMRFQ in 25': Top of every Min. 2 Down & Ups Rest of every Min. 50 Single Unders 30 KB Swings 50 Mt. Climbers 30 Box Step Ups 50 Russian Twists 30 cal Row <small>(Repeat in week 7)</small>

Bootcamp/Workout 10
40' ON / 20' OFF/5 rd. Push Ups Shuttle Runs Ball Slams Row distance Goblet Squats Passive Hang <small>(Repeat in week 7)</small>

Bootcamp/Workout 11
AMRFQ in 30': 30" Plank Hold 20 Hanging Knee Raises 30" Renegade Rows 15 Ring Rows 30" Fire Chair 16 Single KB Thruster 30" REST <small>(Repeat in week 7)</small>

Bootcamp/Workout 12
Every 3' for 30': 200 m Run / Jog 10 Bar Thrusters 8 Russian Twists 6 Push Ups