

CROSSFIT
A: Strict Neck Press 3 x 15 reps No Dip, keep legs extended
B: 14 Timeframe: Buy -in: 70 Burpees 3 Rounds: 15 Front Squats 45/30 kg 10 Strict Press 45/30 kg 10 T2B
C: 3RFT (TC: 14) : 10 Strict Ring Dips 20 Pull- ups 10 SHSPU 50 Crossovers
NOTES: The goal is to finish the workout. If necessary, go down with the rounds.

CROSSFIT
A: Muscle Snatch 3 x 8 reps
B: 12' EMOM: 2 Power Snatch 60/40 kg 2 OHS 60/40 kg ROT - Max rep. Strict T2B
C: 12 AMRAP: 10 Box Jumps 12 m HS Walk 10 Toes to Bar 12 m HS Walk
NOTES: Make sure to get 15 " rest in every round!

CROSSFIT
A: Muscle Clean 3 x 8 reps No rebind, no catch
B: 10' AMRAP: 30 Air Squats 10 H. Squat Cleans 60/40 kg 500/450 m Row 10 H. Power Cleans 30 DU
C: 10' EMOM: 1: Max rep. Box Jumps 2: Max. rep. JHS Walks
NOTES: Don't be to fast at the beginning. Try to keep up the pace over 18' long.

CROSSFIT
A: Sumo Deadlift 3 x 8 reps No rebind, no catch
B: 10' AMRAP: 10 Deadlifts 60/40 kg 10 Box Jumps 10 P. Cleans 60/ 40 kg 10 T2B
C: For Time(TC: 17) : 30 cal. Air Bike 30 Wall Balls 9/6kg 30 cal. Air Bike 30 Kettlebell Snatches 24/16 kg 30 cal. Air Bike 30 meter Walking Lunges w/ Wall Ball 30 cal. Air Bike 30 KB OHS 24/16 kg
NOTES: B is a short rep transition workout - go unbroken on the exercises! Two rounds per AMRAP is a minimum requirement. Scale weight and reps accordingly!

HERO FRIDAY
3 x 9' AMRAP / 1' REST In teams of two 100 Wall Balls 9/6 kg 70 Pistols 40 Push Ups 100 Burpees 70 Box Jumps 40 Pull Ups 800 m Run together 70 KB Swings 40 Plate Sit Ups
NOTES: It's a team of 2. Workout. The Goal is for you to get to the second round in each AMRAP. So make a plan in advance how you want to complete the workout with your Partner. If necessary go down with the reps. Switch how you want.

CROSSFIT
A: Alt. Cossack Squats 3 x 14 reps (7 / side) Go for max ROM / Depth
B: 3 RFT (TC: 12) : 20 Alt. OH Lunges 50/25 kg 15 Toes to Bar 10 Push Press 50/25 kg 5 BO Rows 50/25 kg
C: 2 RFT (TC: 15) : 400m Run 10 DB Deadlift 22.5/ 15 kg 10 DB Hang Clean 22.5/ 15 kg 10 DB Push Press 22.5/ 15 kg 10 Burpee Over DB ~Rest 1.30 b/t rounds
NOTES: Scale if needed to make it through all rounds.

WEEKLY MASH UP
30 Timeframe: Buy -in: 50 Burpees 3 Rounds: 10 Strict Press 45/30 kg 10 OHS 45/30 kg 10 S. Toes to Bar
1' Rest 2 Rounds: 10 Deadlift: 45/30 kg 10 H. Squat Cleans 45/30 kg 10 Pull - ups 10 Box Jumps
1' Rest 1 Round: 20 Wall Balls 9/6 kg 20 Push- - ups 20 Pistols
1' Rest ROT AMRAP: 500/450 m Row 10 H. Power Cleans 45/30 kg 10 Push Press 45/30 kg 10 Alt. OH Lunges 45/ 30 kg
NOTES: Goal is to get you to the ROT. If you need go down with the reps.

Foundation
3x Supersets 10 PVC Sotts Press 10 Superman Banded Lat Pull
Strict Neck Press 3 x 15 reps No Dip, keep legs extended
10' AMRAPQ: 5 Strict Press 20" Ring Support Hold 5 Roll out 20" Fire Chair 5 Push- ups

Foundation
3x Supersets 10 Banded Snatch 10 Banded Pass Through
Muscle Snatch 3 x 15 reps
10' EMOM: 1: 3 Muscle Snatch > 3 Front Squats 2: 5 Ring Rows > 2 Ring Dips

Foundation
3x Supersets 10 Banded Pull Down 10 Banded Front Squats
Muscle Clean 3 x 8 reps No rebind, no catch
10' Timeframe: 20 KB Clean ROT AMRAP: 10 KB Goblet Squats 10 (5/5) KB Strict Press 10 KB Swings 10 KB Sit- ups

Foundation
3x Supersets 10 Banded Good Mornings 10 Banded High Pulls
Sumo Deadlift 3 x 8 reps No rebind, no catch
Every 2' for 10' : 5 Deadlift 8 Banded Pull Down 10 V-Ups

Foundation
3x Supersets 10 Knee Loading 10 90/90 Stretch
Alt. Cossack Squats 3 x 14 reps (7 / side) Go for max ROM / Depth
3 RFT(TC:10) : 5 Cossack Squats L 5 Cossack Squats R 5 Ball Deadlift 6 Ball over Shoulders 6 Pike Push- ups

FITXPRESS
4 x 5' AMRAP / 1' Rest 250/200 m Row 20 Mountain Climbers 20 Jumping Lunges 250/200 m Row 10 Down - up oer Rower 10 H. Knee Raises 250/200 m Row 12 KB Swings 12 Sit-ups 250/200 m Row 10 KB Thrusters 10 V- ups

FITXPRESS
20' AMRAP: 20/15 cal Row 5 Burpee over Rower 10 Goblet Squats 5 Push- ups 10 KB Swings 5 Ring Rows 10 KB Thrusters 5 KB Sit- ups 10 Jumping Lunges 5 H. Knee Raises 10 Plank Tucks
Add 1 exercise per round: 20/15 cal Row 20/15 cal Row 5 Burpee over Rower 20/15 cal Row 5 Burpee over Rower 10 Goblet Squats

FITXPRESS
25' Timeframe: Check in: 3' Plank 3 RFT: 20 Push Up > Alt. Sh. Taps 20 D. KB Deadlift 20 Sit- ups 20 D. KB Bent over Row Rest of time max Row

FITXPRESS
5' AMRAP / 2 rd. 500/450 m Row 5 H. Release Push- ups 10 Plank Jacks 50 SU 5 Inch Worm 10 Jumping Squats 10 W. Box overs 10 Box Dips 10 Banded Thrusters

FITXPRESS
Every 2' for 32' : 1: 10 cal Row + Max. Wall Balls 2: 10 cal Row + Max. Alt DB Snatches 3: 10 cal Row+ Max. SU 4: Rest

Bootcamp/Workout 13
30' Timeframe: Check in: 1200 m Run ROT AMRAP: 20 S. A KB OH Lunges 20 KB Deadlifts 20 Ring Rows 20 Barbell OH Press 20 KB Farmers Hold

Bootcamp/Workout 14
2:30' ON 0:30' OFF/2 rd. Row SA Devils Press Shuttle Runs Down & Up Single Unders

Bootcamp/Workout 15
AMRFQ in 30' : 10 Bent over Rows 11 Push- up 12 Alt. OH Lunges 13 Burpees 14 Hand Hip Thrusts 15 Kettlebell Swings 1' REST

Bootcamp/Workout 16
Tabata This: 8 x 20" On 10" Off Row Air Squats Farmers Carry Down & Up Single Unders Kettlebell Swings 1' REST after every Tabata