

2541

FOCUS OF THE WEEK:45"/45" Front Loaded Hip Flow to Stand



CROSSFIT
A: Tukish Get Up 3 x 4 reps
B: 14' Timeframe: Check-in: 5 TGU / Side 24/16 kg ROT AMRAP: 12 KB Snatch 10 C2B Pull-ups 8 Pistols 6 MU's
C: For Time (TC: 12): 10cal A Bike 10 Burpee BJ overs 20cal A Bike 10 Burpee BJ overs 30cal A Bike 10 Burpee BJ overs 40cal A Bike 10 Burpee BJ overs 50 cal A. Bike
NOTES: Go unbroken on the exercises as long as you can! Two rounds is a minimum requirement.

CROSSFIT
A: Deadlifts 3 x 4 reps
B: 18' AMRAP 1,2,3,4... Deadlifts 100/65 kg HSPU Wall Balls Box Jump Overs
C: 9'AMRAP: 12 DB Hang Clean 2x22.5/2x 15 kg 12 T2B 12 STO H 2x22.5/2x 15 kg 12 Pull- ups
NOTES: It's a Cardio Workout. Try to go unbroken on the exercises as long as you can.

CROSSFIT
A: Split Jerk 3x4
B: 10' Timeframe : 500m Row then AMRAP add 1rep each exercise each round 1 Hang Power Clean 70/50 kg 1 Push Jerk 1 Box Jump 1 Wall Balls
C: 3RFT (TC: 9') 4 BMU 8 SHSPU 12 DB Snatch 22.5/15
NOTES: Four rounds is a minimum requirement.

CROSSFIT
A: H. P Snatch 3 x 4 reps
B: 15' Timeframe: 9' OTM: 1:5 H. Sq. Snatch 60/40 kg 2: 8-12 Push-ups 3: 10 -15 Air Squats
1' REST 400 m Run
C: 8' AMRAP: 30 DU 3 Push Jerk 80/55 kg
NOTES: Plan for a 15 sec. rest .

HERO FRIDAY
Team of 2 (TC:30') Buy in: 1000m Row /Each 100 Wall Balls 90 C2B Pull-ups 80 Back Rack Lunges 45/30 kg 70 HR Push- up 60 T2B 50 Thrusters 45/30 kg 40 Burpees 30 KB Snatch 24/16 kg 200 DU Every 5min : 10 Synchro Burpees
NOTES: It's a team of 2. Workout. The Goal is to finish,so make a plan in advance how you want to complete the workout with your Partner.

CROSSFIT
A: H.P. Clean 3 x 4 reps
B: 15/9/3/9/15(TC :14') Clusters 40/25 kg Toes To Bar
C: Every 2'for 10': 20 DU 8m HSW AMRAP Devil Press 2x22.5/2x15 kg
NOTES:Make sure to scale and get in the 14' timecap. If necessary, go down with the reps.

WEEKLY MASH UP
30' Timeframe: 12' AMRAP: 400 m Run 10 Clean Jerk 70/50 kg 10 Box Jumps
2' Rest 10-9-8-7.....1 Deadlift 100/65 kg Pistols
No Rest For Time: 30 Wall Balls 15 cal Row Everytime you Break do 5 Burpees
NOTES: Everytime you break do 5 Burpees in all Workouts.

Foundation
3 Continous Rounds 30" D.KB Abrahams 30" Side Plank Rotation L 30" Side Plank Rotation R
3xSuperset 3 Turkish Get Up L 3 Turkish Get Up R
Every 2' for 10': 1 TGU L 4 Alt. KB OH Lunges 1 TGU R 4 Alt. KB OH Lunges 8 Plank Rotation

Foundation
3 Continous Rounds 30" DBall Good Mornings 30"DBall Bear Hug
3x Supersets 4 Deadlift 20" hold on the top
10'AMRAP: 6 Deadlift 8 Plank to Push- up 10 Single Leg Lateral Step up (5/side) 12 Banded Superman Lat Pull Down

Foundation
3 Continous Rounds 30" Miniband Walks 30" MB External Shoulder Rotation
3x Supersets 4 KB Push Jerk L 4 KB Push Jerk R
9'EMOM : 1: 6 D. KB Press 2: 40"Plank Mountain Climber 3: 8 Gorilla Row

Foundation
3 Continous Rounds 30"Banded Pass Through 30" Banded Cheerleader up and out
3x Supersets 4 D.DB Snatch 8 D.DB OH Lunges
45" on/15"off / 3 Rounds Slam Ball: Slam to Down up SlamBall Squat Plank on the Ball

Foundation
3 Continous Rounds 30"MedBall Sq Clean 30" Medball Russian Twist
3x Supersets 4 D. KB Clean 4 D. KB FR Squats
10'AMRAP: 4 D. KB Power Clean 6 KB Biceps Curls 8 Down ups 10 Box step Over 12 Box Pike Walk to Plank Add 1 exercise per round

FitXpress
45" on/15" off(4 Rounds) Bike Row Ski Box step ups SU Rest

FitXpress
24'EMOM: 8 Slam Ball Jumping Squats + Max Bear Hug 1' Rest 8 Ball Over Shoulder+ Max rep Down ups 8 Ball Slam+ Max rep.Sit -ups Rest

FitXpress
Bike /Ski/Row 7 Minutes 1' Rest 10' AMRAP 5 Pull -ups /Ring Rows 6-10 Push- ups 12- 15 Air Squats 1' Rest Bike /Ski/Row 5 Minutes

FitXpress
1 Round 50"on/10" off , Row,Bike ,SU,Box Jumps, Ball Slam 40"/20" 30"/30" 20"/ 40" 1' Rest

FitXpress
25' AMRAP: 400m Run 30 cal Ski/Bike/Row 10 Burpee Box Jump Over 30 cal Ski/Bike/Row 10 Sit- ups

Hyrox
06:00 Work / 1:30 Rest, 1 Round 1: 400m Run > max reps Ski Erg 2: 400m Run > max reps Goblet Squats 3: 400m Run > max reps Burpee Box Jump 4: 400m Run > max reps Row 5: 400m Run > max reps Farmer Carry

Hyrox
Part A, 16min Work 07:00 Row --> RPE: 7 20 Db. KB Front Squats 40 Db. KB (Carry) Reverse Lunges ROT: Row --> RPE: 7 2min rest Part B1, 8min, alternated pace 01:00 Ski Erg --> RPE: 8 (alternatively Bike) 01:00 Ski Erg --> RPE: 6 (alternatively Bike) 1min rest Part B2, 8min, alternated pace 01:00 Row Erg --> RPE: 8 01:00 Row Erg --> RPE: 6

Hyrox
35' AMRAP: 800m Run 40 KB Swings 20 Sit Ups
NOTES: It's a long, steady pace workout. The goal is to find a pace at RPE 7,so make a plan in advance how you want to tackle the workout.