

2542

FOCUS OF THE WEEK: 45" ALT. TGU



CROSSFIT
A: Bear Complex 8, 6, 4, 2 Start every 2'
B: For Time (TC: 14'): Top of every min. 1 Bear Complex 50/35 kg Rest of every min. 40 Wall Balls 9/6 kg 40 KB Swings 24/16 kg 30 Push-ups 30 Push Press 50/35 kg
12'EMOM: A: 6 T2B-6 DB Snatch 22.5/15 kg B: 10-8 cal Skierg C: AMRAP Burpee Box Jumps
NOTES: Make sure to scale and get in the 14' timecap. If necessary, go down with the reps.

CROSSFIT
A: Strict Pull- ups (Weighted) 8, 6, 4, 2 Start every 2'
B: 12' AMRAP: 500/450m Row 5 Strict Press 50/35 kg 250/ 200 m Row 5 Strict Toes to Bar 500/450m Row 5 Strict HSPU
C:3RFQ: 1 Rope Climb 20" Ring L-sit 15 Banded Pull Aprt
NOTES: Make sure you do it Strict . If necessary, go down with the reps.

CROSSFIT
A: OHS (No Rack) 15, 12, 9 @ 60% 1 RM Start every 2'
B: Every 3' for 18': 200 m Run 3 H. Squat Snatch 60/40 kg 4 OHS 60/40 kg 6 Box Overs 22.5/15 kg 8 Alt. DB Snatch 22.5/15 kg
C: For Time (TC: 10') 500 m Row 10 Sq. Snatch 60/40kg 500m Row 10 Sq. Clean 60/40kg 500 m Row
NOTES: Plan for a 30 sec. rest .

CROSSFIT
A: Push Press (No Rack) 15, 12, 9 @ 60% 1 RM Start every 2'
B: 5' AMRAP: 5 Strict Pull-ups 5 Strict Press 50/35 kg
1' REST 5' AMRAP: 50 DU's / 100 SU's 12 HSPU 12 P. Swings 24/16 kg
C: 3RFT (TC: 12') 20/15 cal A.Bike 15 DB Press 2x22.5/2x15Kg 20/15 cal Skierg 15 DB Thrusters 2x22.3/2x15Kg
1' Rest NOTES: Two rounds per AMRAP is a minimum requirement. Scale weight and reps accordingly!

HERO FRIDAY
30' AMRAP: 20 Clusters 60/40 100 DU's or SU's 20 Thrusters 60/40 100 Burpees 20 Frontsquats 60/40 90" Handstand Hold

CROSSFIT
A: H. Squat Snatch 8, 6, 4, 2 Start every 2'
B: 5 RFT (TC: 10'): 4 H. Squat Snatch 60/40 kg 4 OHS 60/40 kg 6 Lat. Bar Burpees
C:10'AMRAP 14 Devil Press 22.5/15 kg 14 cal A.Bike
NOTES: Make sure to scale and get in the 10' timecap. If necessary, go down with the kg.

WEEKLY MASH UP
27' Timeframe : 8' AMRAP : 20 Wall Balls 9/6 kg 12 FR KB Lunges 24/ 16 kg 10 Pull -ups Top of every 1': 10 DU
1' REST
3 RFT: 400m Run 4 H. SQ Snatch 60/40 kg 6 Push ups 8 Front Squats 20 KB Swings 20/16 kg 90" HS Hold Top of every 1': 1 Bear Complex
NOTES: Goal is to finish the Workouts . If you need go down with the reps/kg.

Foundation
3x Superset 10 D-Ball Squats 10 D-Ball to Shoulders
Front Squat 8, 6, 4, 2 reps
10' AMRAP : TOEM : 5 Down- ups 4 Inch Worm 6 Pendley Row 8 Banded Hammer Curls 10 Skater Jumps

Foundation
3x Superset 10 Hollow Rock 10 Band. Lat Pull Down
Banded Pull-ups 6,4,2,2
10' AMRAP : 5 One Arm KB Row (L) 15" L - Sit 5 One Arm KB Row (R) 30" Plank hold weighted 10 Down - ups

Foundation
3x Superset 10 Wall Squats 10 Wall Slide (FMS Corr.)
OH Lunges 14,12,10
Every 2' for 10': 5 OHS Lunges 10 D. KB Bent over Row 15 Superman 20 Jumping Jacks

Foundation
3x Superset 10 Miniband External Sh. Rotation 10 Miniband Superman
Push Press (No Rack) 15, 12, 9 @
Fight gone Bad Style 45 sec. Strict Press 45 sec Airquats 45 sec. Box step overs 45 sec rest
3 rounds

Foundation
3x Superset 10 Sotts Press 10 Arch Rock
DB Snatch 10,8,6,4
12' EMOM: 1: 6 D. KB FR Lunges 2: 6 T-Push Up 3: 30" Passive Hang

FitXpress
2 Rounds : 3' AMRAP: Row cal
1' Rest 3' AMRAP: 10 cal .Row 10 KB Thrusters
1' Rest 3' AMRAP: 10 cal .Row 10 KB Thrusters 10 Box Jumps 1' Rest

FitXpress
40" on /20" off /5 Rounds SU KB Swings Sit-ups KB Front Rack Lunges Row

FitXpress
Every 4' for 24': 10 Down-up jump over Ball 20 D-Ball Squats 30 Plank steps 40 SU ROT Row /Ski/Bike

FitXpress
24'EMOM: 1: 10-15 Burpees 2: 15-20 KB Dead Swings 3: 15-20 Box Step ups 4: 20 Walking Lunges

FitXpress
3x7' Work/ 1' Rest 1000/ 750m Row ROF: AMRAP 10 Doub Kb FR Squats 10 Ring/Bar Rows
1000/ 750m Row ROF: AMRAP 10 DB Box Step Overs 10 DB Snatch
1000/ 750m Row ROF: AMRAP 10 D. KB Thrusters 8-8 Pallof Press Rotation

Hyrox
01:00 Work / 1:00 Rest, 8 Rounds 1: Ski Erg --> RPE: 8 2: Burpee over the line --> RPE: 9 3: Shuttle Run --> RPE: 9 4: Row --> RPE: 8

Hyrox
35' Timeframe: "Cooper" 10 RFT 10 Burpees 10 Air Squats 10 Push Ups 10 Sit Ups ROT: Erg of your choice --> RPE: 6
NOTES: 40 reps per round, steady pace. The goal is to find a pace at RPE 7-8 for Cooper. You can also run outdoors, instead of Erg work.