

CROSSFIT A: Floor Press 3 x 5 reps B: 8 RFT (TC: 10') 5 Strict Press 60/40 kg 5 BackSquats 60/40 kg 5 Bend Over Rows 60/40 kg C: 3RFT(TC: 15'): 15 Push Jerk 60/40 kg 50 DU 400m Run NOTES:Make sure to scale and get in the 10' timecap. If necessary, go down with the kg.Try to do the exercise unbroken.	CROSSFIT A: Sq. Snatch 3 x 5 reps Focus on 3rd pull! B: 10' AMRAP: 10 H. Sq. Snatch 40/25 kg 6 OHS 10 DB Box Overs 22.5 / 15 kg 6 Alt. DB Snatch 22.5/15 kg 30" REST C: 4RFT (TC:15): 250m Row 10 St. Press 50/35kg 5m HSW NOTES: Try to do the 4 exercises without a break, because you have a 30 second break afterwards.	CROSSFIT A: Sq. Clean 3 x 5 reps Focus on 3rd pull! B: 60" ON / 30" OFF for 3 Rounds (13'50") 1: 2 H. S. Clean > 3 FrontSq. 2: 3 ST.Pull ups > 3 St. T2B 3: 6 DB Snatch > 6 DB OH Squat Weights: 60,40kg / 22.5, 15 kg 90" All Out Per Couplet C: 8x20"/10" A.Bike Skierg Shuttle Run Row NOTES: Take a weight that you can work with for 60 seconds.	CROSSFIT A: L-Hang Hold 3 x 20" Weighted if possible B: 12' Timeframe: 1' Passive Hang 1' HS Hold 2 RFT 40 DU's / 60 SU's 10 Strict Pull-ups 10 Thrusters 50/35 kg 5 Strict HS Push-ups C: 14' AMRAP: 2,4,6,8... C2B Pull-ups Box Jump Over Row NOTES:Make sure to scale and get in the 12' timecap. If necessary, go down with the reps.	HERO FRIDAY 3 x 10' AMRAP / 1' REST 100 DU's / SU's 10 Muscle Ups / C2B 10 Box Jumps 200 m Run 20 Burpees 20 P. Swings 24/16 kg 300/250 m Row 30 AirSquats 30 Toes to Bar NOTES: The goal is to do at least 2 rounds. If necessary, go down with the reps/kg.	CROSSFIT A: Single Leg Deadlift 2 x 10 reps, each side Work on good control B: 5' AMRAP: 10 Deadlifts 60/40 kg 10 Push-ups 1' Rest 5' AMRAP 10 Deadlifts 60/40 kg 6 C2B Pull-ups 1' Rest 5' AMRAP: 10 Deadlifts 60/40 kg 30 DU For Time (TC: 10') 8,7.....1 Power Snatch 60/40 kg Burpee over the Bar NOTES: The goal is to do at least 3 rounds. If necessary, go down with the reps.	WEEKLY MASH UP 27' Timeframe: 3 RFT: (TC: 20') 20 Thrusters 50/35 kg 50 DU 20 Strict Press 50 DU 20 H.Sq. Snatch 50 DU Every 2' : 5 Burpees Rest 2' 5'AMRAP : 6 DB Box Overs 22.5 / 15 kg 6 Alt. DB Snatch 22.5/15 kg 6 AirSquats NOTES: Goal is to finish the Workout, if you finish earlier you
Foundation 3x Superset 10 Banded Pull Apart 5 Banded External Rotation R 5 Banded External Rotation L Floor Press 3 x 10 reps For Time (TC: 10') 10 Doub KB Press 20 Goblet Lunges 40 KB Swings 20 Goblet Lunges 10 Doub. KB Press Rest of Time: Amrap SU	Foundation 3x Superset 10 Activ- Passiv Shoulders 10 Banded Horizontal Adduction KB Snatch 3 x 5 reps/Side 2x5' AMRAP/ 1' Rest 30" Doub.KB Front Rack Carry 10 Renegade Row 5 Push-up 10 Down -up 10 KB Sit -up 5 Doub. KB Z Press	Foundation 3x Superset 10 Banded Lat Pull Down 10 MedBall Clean KB Clean 3 x 5 reps/ Side 10 RFQ: 5 KB Good Morning 10 KB Thrusters 5 KB Single Leg Deadlift R 10 Alt KB Swings 5 KB Single Leg Deadlift L 10 KB Cossack Squats 10 Plank Steps	Foundation 3x Superset 10 Banded Pass Through 10 Banded Hollow Rock L-Hang Hold 3 x 20" Weighted if possible RFQ(1TC10') Buy In: 30 D-Ball over Shoulders Rest of time AMRAP: 4 D-Ball Squat Jump 6 D-Ball Lunge Rotation 8 D-Ball Russian Twist 10 GTOH Plate		Foundation 3x Superset 6 Single Leg Glute Bridge L 6 Single Leg Glute Bridge R 10 PVC Pull Down (Band) Single Leg Deadlift 2 x 10 reps, each side Work on good control 9' OTM: 1: Deadlift - 20 Hold" 2: 5 Abwheel- 5 Push-up 3: 4 St. Knee to Elbow-15" PassivHang	
FitXpress 5 'AMRAP / 1' Rest / 2 Rounds 200/ 150 m Row 10 KB Swings 10 Russian Twist 15 Down - ups 10 Doub KB Bent over Row 10 Sit- ups	FitXpress 25' Timeframe: 4 Rounds: 20 Slam Ball Squats 15 Slam Ball Front Raises 30 Toe Taps (Slam Ball) 1' Rest 4 Rounds: 20 Lunge Rotation 15 Sit- ups + Press (SB) 50 SU 1' Rest ROF AMRAP: 8 Slam Ball Burpee 8 Side to Side Push- up 10 Leg Lift over SB 200m Row	FitXpress 3' SU 3' Wall Balls 3' Down -ups 3' Lunges 1' Rest 2 Rounds	FitXpress Every 3' for 24': 20 H.Knee Raises 10 Ring Row ROF: Row 20 Doub. KB FR Squats 10 Doub. KB Push- Press ROF: SU		FitXpress 45" ON /15" off / 4 Rounds Kneeling Ball Slam Bear Hug Walk Dead Stop KB Swing Plank Slam Ball Squats Rest	
Hyrox 30' Timeframe 5:30 Work/ 2:00 Rest Zone 1 max m Run -> use a watch Zone 2 60 KB Swings > max m Row Zone 3 max m Run -> use a watch Zone 4 800m Ski Erg > max Wall Balls Notes: Split class into four equal groups				Hyrox 35' AMRAP: 400m Run 30 Db. KB FR Lunges 400m Run 25 Ring Rows 400m Run 20 Push Ups 400m Run 100 SU 400m Run	Hyrox 30' Timeframe 12min Work/ 2min Rest Zone 1: AMRAP 30 DB Pull Throughs 40 DB Reverse Lunges 40 Push Ups 30 DB Hang Cleans Zone 2: Partner Workout Partner A: Swings, Partner B: Wall Balls 25 KB Swings max Wall Balls Notes: split class into two equal groups	