

CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	HERO FRIDAY	CROSSFIT	WEEKLY MASH UP
A: Snatch Balance 8 x 2 reps Increase Load each set B: Every 2' for 10' 10 OH 50/25 kg 8 P Swings 32/24 kg 20 Double Unders / 40 SJ's C: For Time (TC:14') DU 45-30-15m SA OH DB Lunges 22.5/15 kg NOTES: You will need minimum 20" vert. Adjust men if necessary, but work consistently with the same height in the Workout.	A: Squat Clean 8 x 2 reps Increase Load each set B: 2 RFT(TC: 15') 25 H. S. Clean 60/40 kg 50 DU's / 100 SJ's 25 KB Snatches 24/ 16 kg 50 Toes to Bar 25 Wall Balls 9/6 kg C: 6 RFT(TC: 14') 8 x 4 Clean: 50/20 kg 10 Lat Burpee 12 Cal Row NOTES: Goal is to finish the Workout. Make sure you adjust the reps and scale the exercises accordingly. Try to make sure enough when you have to break down the reps. Try to keep the pace.	A: Chin Ups 8 x 2 reps Increase Load each set B: Strict "Cindy" 10' AMRAP 10' Strict Pull-ups 10 Push-ups 15 AirSquats 1' Rest 2' All out: Burpee C: "Tissabehn" (TC: 15') 8 x 4 Clean: 50/20 kg 21-15-9 Chain 61 kg / 43 kg Ring Dips NOTES: The goal is to reach round 6. Try to do the prescribed exercises entirely for as long as possible.	A: Front Squat 8 x 2 reps Increase Load each set B: 3 RFT /50' 10' (TC: 17') 100 DU's /200 SJ's 50 Front Squat 40/27.5 kg 20 Lat. Bar Burpees C: Open 15.5: 27-21-15-9 Row cal Thrusters 43/20 kg NOTES: Goal is to finish the Workout. Make sure you adjust the reps and scale the exercises accordingly.	Team of 2 : 30' Timer/Time: 2' Flank hold together 1:30' Fire Chair together 1' Passive Hang together 30' REST NOT AMRAP: 30 P Swings 24/ 16 kg 30 Push-ups 30 Wall Balls 30 KB OH Lunges Row cal Athlete A P Swings (Athlete B Rowing) NOTES: It's a team of 2 Workout. Make a plan in advance how you want to complete the workout with your Partner.	A: HSPU - Strict, Belly to Wall 8 x 2 reps Scale up or down as needed B: For Time(TC: 15') 500 m Row 20 Deadlifts 100/75 kg 1' Rest 10H P Chains 90/60 kg 20 HSPU 400 m Run C: 15' AMRAP: 500 m Bike 10 Deadlifts 2x22.5/2x15kg 10 TB NOTES: The goal is to be able to finish the workout, so make a plan in advance of how you want to split the exercises. Take 75% RBM if the workout is split.	2 Rounds 2:30 / 0:30 40 Air KB SA Swings NOT: DU's / SJ's 30 Front Squats 50/35 NOT: Lat. Bar Burpees 10 Push Up > Pull Up NOT: Air Squats 10 Down & Up > Toes to Bar NOT: KB Snatches 200 m Run NOT: Row NOTES: Go individual at how long you can. Try to best your score in the second round.

Foundation	Foundation	Foundation	Foundation	Foundation	Foundation	FITXPRESS
3 Continuous Rounds: 30' PVC Pass Through 30' PVC Sotts Press Sots Press 8x2 10' Timeframe : 10 Push Press NOT AMRAP: 5 Bent over Row 5 Roll Out 15' Ring Support hold 10 Goblet Lunges	3 Continuous Rounds: 30' Banded Front Squats 30' Banded Good Mornings Doub. KB Hang Sq. Clean Swi 10' Timeframe: 20 KB H. Sq. Cleans NOT AMRAP: 10 Seated Doub. DB/KB Strict Press 10 Renegade Row (5/5) 10 Front Raises (Wide) 10-10 Plank Steps	3 Continuous Rounds: 10' Banded Pull Down 10' Hollow Rock Chin Ups 8 x 2 reps 45' on /15' off 2 Rounds Passive/Active Hang Ring Row KB Good Morning KB Goblet Squats Russian Twist	3 Continuous Rounds: 30' Behind the Neck Barbell Triceps extension 30' Banded Front Squats Front Squat 8 x 2 reps Increase Load every set Every 2' for 10' 5 Strict Press 10 Rack Squats 5 Ring Row 15' Passive Hang NOT: Sit - ups	3 Continuous Rounds: 30' Box Pike Hold 30' Inch Worm Belly to Wall HS Hold 4x Max. 10 AMRAPQ: 5 Box Pike Walk 5 Box Dip 5 Single Leg Lateral Step up L 5 Single Leg Lateral Step up R 5 Push-ups	3 Continuous Rounds: 30' Box Pike Hold 30' Inch Worm Belly to Wall HS Hold 4x Max. 10 AMRAPQ: 5 Box Pike Walk 5 Box Dip 5 Single Leg Lateral Step up L 5 Single Leg Lateral Step up R 5 Push-ups	Every 2' for 24': 10 Cal Row + 10 Wall Balls 20 KB Squat Jumps + 10 KB Swing 10 Down ups+10 Step ups +20 Mountain C.
25' AMRAP: 2x A,B,C,.... Row cal Down up over Rower Squat Jumps 50 - ups Banded Thrusters	10' on /20' off /3 rd. Ball Slam Burpee Row cal Slam Ball St. - ups Slam Ball over Shoulders Banded Resisted Run	For Time (TC: 25') Top of every 2 Min. 20 Single Unders Rest of every Min. 70 Swings 40 Burpee Plate Jumps 2' REST AMRAP Remaining Time 20 Goblet Squats 20 Down & Up 20 Side Ups / Side 20 Box Step over	3 x 7' AMRAP/ 1' Rest 10 Box Jumps 10 Step ups 20 SH - ups 20 Air Squats 10 Down & Ups to Target 10 DB Snatches 10 Intrae Raises 10 Push - ups 20 DB OH Lunges 10 DB Squats 20 RussianTwists			

Hero	Hero	Hero
36' Timeframe, Part A, 2:00 Rest, Part B Part A: 00:40 Work / 00:20 Rest, 3 Rounds 00:40 Hollow Hold C- 00:40 Dead Snag 00:40 KB Midst. Touch 00:40 Alt. KB Swings Part B: 2:00 Work / 2:00 Rest Zone 1: 20 KB FR Forward Lunges 10 Hercules Burpees Zone 2: Team of 2 200m Row (A/Timer) max KB Goblet Squats (B) Notes: Double the class into 3 groups. Set the timer for 3 minutes, completing 30 reps. Athletes perform their task and rest for an amounting time. The goal is 30 seconds of rest each round. Lunges and wall balls require 30-40 reps based on fitness level.	36' Timeframe 5:00 Work / 1:00 Rest, 2 Rounds Zone 1: 400m Row 400m Run max KB Goblet Squats Zone 2: 20m KB Walking Lunges 300m Ski Erg NOT: Rest Zone 3: max m Row -> RPE 8 Notes: Double the class into 3 groups with a timer set for 5 min after and 1 min recovery Zone 3 requires maintaining a steady pace while passing balls, as it's the only round with continuous aerobic work	2x200m for 40min Zone 1: 400m Row Zone 2: 40 Wall Balls Zone 3: 400m Row Zone 4: 40 Alt. Jumping Lunges Zone 5: 400m Ski Erg Notes: Double the class into 3 groups Set the timer for 3 minutes, completing 30 reps. Athletes perform their task and rest for an amounting time. The goal is 30 seconds of rest each round. Lunges and wall balls require 30-40 reps based on fitness level.

Bootcamp	Bootcamp	Bootcamp
25' AMRAP: 10 Box Step over 10 Banded Biceps Curls 10 Barbell Bent over Row 20 KB Swings 10 Russian Twist 1' REST	15 minutes 27' 9' EMOM (3 rds.) 1: 45° Single Unders 2: 12-16 KB Swings 3: 45° KB Walkers Walk 1' Rest 9' EMOM (3 rds.) 1: 45° Row 2: 6-10 Barbell Thrusters 3: 8-10 Ring Rows 1' Rest 9' EMOM (3 rds.) 1: 45° Air Bike 2: 8-12 Air DB Clean 3: 6-10 Push- ups Challenge: Repeat Group 1 starts with 10, Group 1 with Row, Group 3 with AirBike	40' Groups Every 2' for 24': Group 1: 8 KB FR Lunges 8 Gorilla Rows NOT: Shuttle Runs 10m Group 2: 5 Burpees 10 Ball Shoulders NOT - Row