

CROSSFIT
A: Sq. Clean Find your 2 RM TnG, no drops
B: 10' AMRAP: 6 Toes to Bar 6 KB Snatch 24/16 kg 6 Lat. Bar Burpees 1,2,3,4... Squat Clean 80/55 kg Increase 1 SC every rd.
C: For Time (TC: 16') 45 DL 100/ 70 kg 45 Wall Ball 45 Pull - ups 45 Sit - ups 45 cal Row
NOTES: Go unbroken an only take rest when you change exercises in the bodyweight movements. Take 65 -70 % 1RM if the prescribed weight is to heavy for you.

Foundation
3x Supersets 10 KB Swings 10 90/90 Strech
KB Clean+ Front Squat 3x4/4
Tabata 40"/20" /2rd. Doub. KB Clean Doub. KB FR Lunges Doub. KB Z -Press Plank Hold Superman

FITXPRESS
20' AMRAP: TOE 2": 5 KB swings ROT AMRAP: 2, 4, 6, 8... Sit-ups Ball Slam Push-ups Alt. Cossack Side Lunges Burpees

Hyrox
34' Timeframe, Part A, 2:00 Rest, Part B Part A: 20:00 AMRAP 100 KB Swings 50 Goblet Squats 50 Push Ups 25 KB Goblet Split Squats Part B: Alt. E2MOM for 12' Zone 1: 20 Sandbag/KB Reverse Lunges 10 lateral Down&Ups over Sandbag/KB Zone 2: 10 Db. DB Floor Press 10 Db. DB Push Press
Notes Part A: If an athlete finishes the chipper, restart. Notes Part B: Set clock for 1:50min/0:01min: 6 Rounds, Complete all assigned reps, then rest for the remainder of each round.

CROSSFIT
A: Pull-ups Find your 2 RM
B: 2 Rds for reps 2' Row 1' REST 2' Thrusters 30/20 1' REST 2' Pull-ups 1' REST
C: 15' EMOM: 1-5: 4 DB Snatch + 10 T2B 6-10: 6 DB Snatch + 8 T2B 11-10: 6 T2B+ AMRAP DBSN
NOTES: Try to work for 2 minutes without a break and beat your score in the second Round .

Foundation
3x Supersets 10 Banded Pull down 10 H.Active-Passiv Sh.
Box Pull-ups 3x4-6
9' EMOM: 1: 10 Bent over Row 2: 6-8 Kneeling Ab Wheel 3: Max. rep Goblet Squats

FITXPRESS
3x 7' AMRAP/ 1' Rest 250m Row 10 Push-ups 10 Sit-ups
50 SU's 10 Goblet Squats 10 Burpees
50 Jumping Alt. Lunge 15 KB Swings 20" Side Plank/L/20" Side Plank R

CROSSFIT
A: Front Squat Find your 2 RM
B: 10' AMRAP: 5 STO H 40/25 kg 4 Thrusters 40/25 kg 3 Front Squat 40/25 kg 5 Hindu Push-ups 4 Front Squat 3 Push-ups
C: Open 19.01 15' AMRAP: 19 Wall Balls 9/6 19 cal Row
NOTES: Go unbroken an only take rest when you change exercises.Five rounds is a minimum requirement.

Foundation
3x Supersets 5 PVC SA External Rotation Strech L 5 PVC SA External Rotation Strech R 5 Knee over toes (KB)
Front Squat 3x6
10' Timeframe: 20 Front Squats ROT: 10 Pendlay Row 5 Push- ups 10 Plank Jacks 5 Down up over Bar

FITXPRESS
25' Timeframe: 4 Rounds: 12/10 cal Row 20 DB Snatch
1' Rest 3 Rounds: 10 Box Jumps 10 Box Dips
1' Rest 2 Rounds: 15 KB Swing 10 Burpee to Target
1' Rest ROT AMRAP: 10 Down up 10 Sit - ups

CROSSFIT
A: Strict Press Find your 2 RM
3 RFT(TC: 10') : 15 STO H 50/35 kg 10 Wall Balls 9/6 kg 5 Strict T2B
C: 15' AMRAP: 70 DU 4 Rope Climbs 15 Lat . Burpees 6 Bear Complex 60/40 kg
NOTES: The goal is to be able to finish the workout. Scale reps accordingly!

Foundation
3x Supersets 10 Scapula Push- ups 10 Plate Side Raises
Strict Press 3x6
10' AMRAPQ: 5 Push Press 5 Ring Row 10 Alt KB Lunges 10 Russian Twist

FITXPRESS
3' ON /1' OFF - 2 rd.
1: AMRAP: 150/120 m Row >5 Lat. Row Burpees
2: AMRAP Doub. 15 Swings > 10 Doub KB FR Squat
3: AMRAP: 20 Mt. Climbers > 10 Ring Rows

HERO FRIDAY
35' Timeframe: 5, 10, 20, 40 Pistols P. Swings 24/16 kg 5 RFT 400 m Run 12 Toes to Bar 8 HSPU Rest of Time AMRAP 8 SA DB Man Makers 22.5/15kg 8 Box Jumps 8 Pull-ups
NOTES: The goal of this Workout is to get you to the AMRAP part and to make at least 2 rounds there.

Foundation
3x Supersets 20"KB OH Carry R 20"KB OH Carry L 5 V-ups
KB Snatch 3x8/8
Every 2' for 10': 5 KB Snatch L 5 KB Snatch R 10 KB FR Squats 30" KB FR Carry 5 Sit- ups

Hyrox
36' Timeframe 01:30 Work / 0:00 Rest, 4 Rounds add 30 seconds each round
Zone 1: max m Row Erg
Zone 2: 20 KB Goblet Squat max m Assault/Shuttle Run
Zone 3: max m Ski Erg
Zone 4: 20 Db. DB Hang Clean max m Bike Erg
Notes: The rounds start at 90s long, then get 30 seconds longer each time

CROSSFIT
A: Sq. Snatch Find your 2 RM TnG, no drops
B: 21, 15, 9 (TC: 11') Sq. Snatch 40/25 kg Pull-ups Box Jumps
C: 12-11-10...1 (TC: 15') HR Push - ups Air Squats Sit - ups
NOTES: Try to do the workout with as few breaks as possible, even when you start to get tired.

Foundation
3x Supersets 20"KB OH Carry R 20"KB OH Carry L 5 V-ups
KB Snatch 3x8/8
Every 2' for 10': 5 KB Snatch L 5 KB Snatch R 10 KB FR Squats 30" KB FR Carry 5 Sit- ups

Hyrox
35' Timeframe 01:30 Work / 0:15 Rest, 5 Rounds
Zone 1: max Db. DB. FR Squats
Zone 2: max m Row Erg
Zone 3: max m Assault/Shuttle Run
Zone 4: Rest
Notes: Evenly Divide Your Class Among 4 Zones. Set clock for 1:30/15s; 20 rounds. This means each Zone is completed 5 times in total. Zone 3: Athletes will transition from the row to the run and immediately get moving at around goal race pace. Zone 4: This is the only rest. But it's substantial. This rest should be earned.

WEEKLY MASH UP
30' Timeframe: 2' Row 2 RFT 15 STO H 30/20 kg 10 Wall Balls 9/6 kg 5 Strict T2B 2' Thrusters 30/20 kg 21 Snatch 30/20 kg 15 C2B Pull Ups 9 Box Jumps 2' Pull Ups ROT AMRAP: 6 Toes to Bar 6 KB Snatch 24/16 kg 6 Lat. Bar Burpees
NOTES: Goal is to get you to the AMRAPMake a plan in advance of how you want to split the exercises .