2645

FOCUS OF THE WEEK:60" Alt. SA KB Swings

CROSSFIT
A:Over Head Squat
5 x 5 reps
No Rack!

B: For Time (TC: 18')
21 / 15 / 9
Over Head Squat 60/40 kg
Devils Press 22.5/15 kg
21 / 15 / 9
Lat. Bar Burpees
Dumbell Snatch 22.5/15 kg
Box Jumps

C: 6'EMOM:
4 SHSPU+ Max rep BMU

2'Rest

6'EMOM:
30 DU + Max rep HSPU
NOTES: Goal is to finish the Workout. Make sure you adjust the reps and scale the exercises accordingly.

Foundation
3x Supersets
10 KB OH Activ-Passiv Shoulders L
10 FR Lunges L
10 KB OH Activ-Passiv Shoulders R
10 FR Lunges R

KB OH Lunges
5x5/5

10'AMRAPQ :
5 KB OH Lunges L
5 KB OH Lunges R
5 Double KB Tall Kneeling Press
5 Walk Outs
10 Superman

FITXPRESS
10' AMRAP 2,4,6,8...
2,4,6,8...
Slam Ball Thrusters
Down & Up
SA KB Swings / Each
Russian Twist (Ball)

1' REST
10' AMRAP 3,6,9,12...
Slam Ball Shoulders
Ball Slam
Atlas Squats

Hyrox
36' Timeframe, Part A, 2:00 Rest, Part B
Part A: 18:00 Chipper
30 Db. DB Renegade Row
40 Db. DB FR Squats
40 Db. DB Bent over Row
40 DB Pullover Sit Ups
30 Burpees
Part B: 7:00 Work / 2:00 Rest
Zone 1: Team of 2 (A+B)
400m Bike Erg Sprint
Rest (B)
Zone 2: Team of 2 (A+B)
200m Row Sprint (A)
Rest (B)
Notes A: If Athlete's finish the entire Chipper, Restart.
Notes B: Divide the class into 2 zones. Each zone has an 7-minute partner workout.
Utilise the "I Go, You Go" format.
Aim for maximal power, speed, and output in each zone.

CROSSFIT
A: Split Jerk
5 x 5 reps

B: 5 RFT (TC: 12')
2 Thruster 60/40 kg
4 Push Press
20 DUs
6 Front Squat
8 Split Jerk
20 DUs

C: 21-15-9(TC:14')
Pull- ups
Push Press 52.5/35 kg
Air Bike
NOTES: The Goal ist to finish the Workout. Scale down so that you can complete the 5 rounds. Try to complete the workout in such a way that you take only short break during the exercise.

Foundation
3x Supersets
10 Miniband Ex. Rotation
10 Miniband Walk

Doub. KB Jerk
5x3

Every 2'for 10' :
6-8 Doub. KB Jerk
6-8 Doub. KB Abrahams
6-8 Gorilla Row
6-8 Doub. KB FSquats

FITXPRESS
Bike /Ski/Row 5 Minutes
2'Rest
10'AMRAP
5 Pull -ups /Ring Rows
6-10 Push- ups
12- 15 Airsquats
2'Rest
Bike /Ski/Row 5 Minutes

CROSSFIT
A: Snatch High Pull
5 x 5 reps
Good set up on every rep!

B: For Time (TC: 10')
Top of every min.
2 Burpee
Rest of every min.
60 Wall Balls 9/6 kg
60 Alt. DB Snatch 22.5/15 kg

15'Timeframe:
For Time:
50 Burpee over bar
50 Thrusters 43/30 kg

2'Rest
1000m Row
NOTES: Goal is to finish the Workout. Scale reps as needed .

Foundation
3x Supersets
10 Plate Press
10 Plate Reverse Fly

1 KB Hight Pull + 1 KB Snatch L
1 KB Hight Pull + 1 KB Snatch R
5x Complex

9'OTM:
1: 4 KB Snatch /side
2:10 KB Plank Pull Through
3: 30" Hollow Hold

FITXPRESS
5 Rounds 40" ON / 20" OFF
Alt. Plank Push-ups
Alt. DB Lunges
Sit-ups
Alt. DB Snatches
Single Leg Lateral Box Step up L
Single Leg Lateral Box Step up R

CROSSFIT
A: Clean High Pull
5 x 5 reps
Good set up on every rep!

B: 15' AMRAP:
30 Airsquats
10 H. Squat Cleans 70/50 kg
10 Push Press 70/50
5 H. Power Cleans
30 Pull-ups

C: 14'AMRAP:
10 L Arm OH Lunges 22.5/15 kg
10 L Arm DB Snatch
15 Burpee Box over
10 R Arm OH Lunges 22.5/15 kg
10 R Arm DB Snatch
15 C2B Pull ups
NOTES: Two rounds is a minimum requirement. Scale weight and reps accordingly!

Foundation
3x Supersets
10 Banded Front Squats
10 Banded Biceps Curls

Double KB Sq. Clean
5x3 rep

2 RFT (TC:10')
TOEM :2 Doub. KB Clean
40 KB Swings
30 Seated Leg Raise over KB
30 Plank Jacks
10 KB Decline Seesaw Floor Press

FITXPRESS
Every 3'for 24' :
200m Row
20 AirSquats
ROT: Ball Slam

200m Row
20 Ball Thrusters
ROT: Down up

Hyrox
36' Timeframe
08:00 Work / 1:00 Rest, 2 Rounds
Zone 1: Team of 2 (A+B)
0:40 Row Sprint (A)
0:40 Rest (B)
Zone 2: Team of 2 (A+B)
25 Wall Balls (A)
max m Ski Erg (B)
Notes: Divide the class into 2 groups, with each athlete having a partner. Set the clock for 8 minutes of work followed by 60 seconds of rest, repeating for 4 rounds. If athletes are working alone, they perform 40s of work and 40s of rest on the Rower in Zone 1, respectively 25 Wall Balls and 60s Ski Erg in Zone 2.

HERO FRIDAY
10 RFT (TC: 30')
1 Rd of "Mary"
5 HSPU
10 Pistols
15 Pull-ups
1:30' AMRAP
Wall Balls 9/6 kg
Score ist total WB's
NOTES: Go with the Flow and try to keep up the pace even when you get tired.

CROSSFIT
A:Pull -ups
5 x 5 reps
Weighted if possible

B: 12' AMRAP :
10 Pull-ups
200 m Row
10 Burpee to Target
200 m Row
5 Burpee T2B

C: 15'EMOM:
1: 10 GHD Sit- up
2:5-7 Thusters 60/40 kg
3: 5-7 Doub. DB Clean 2x28 /2x20kg
NOTES: The Goal is to complete at least 2 round. Make a plan in advance how you want to split

Foundation
3x Supersets
10 Banded Pull Down
10 Scapula Push- ups

Pull -ups
5 x 5 reps

40" On / 20 " Off/2 Rounds
Dead Hang
Pike Push - ups
Knee Raises
Plate GTOH
Plank Hold

Hyrox / Benchmark Bordesley
Hyrox Benchmark Workout
For Time - (TC 30')
400m Row
30 Wall Balls
400m Run
30 Burpees
400m Row
30 KB Carry Walking Lunges 2x 20/16 kg
400m Run
30 Handrelease Push Ups
400m Row
100m Farmer Carry 2x 20/16 kg
400m Run
100 Sit Ups
Notes: This is a benchmark test, so you need a solid cardio-focused warm-up. You should be sweating properly before you start.
Scaling: lower number of reps, for example 25 reps for the stations and 80 Sit Ups.

WEEKLY MASH UP
27'Timeframe:
21-15-9
OHS 60/40 kg
DB Snatch 22.5/15 kg
Row cal

1'Rest
For Time:
100 Double Unders
80 Wall Balls 9/6 kg
60 AirSquats
50 Pull- ups

1'Rest
ROT AMRAP:
5 Thruster 60/40
10 Wall Balls
12 HBPU
20 DU
NOTES: The goal is to get to the AMRAP. Scale weight and reps accordingly!

FITXPRESS
25' OTM :
1': 200 / 180 m Row
2': 20-25 KB Swings
3':75- 85 SU's
4': 15-20 Goblet Squats
5': 8-12 Burpee to Target