2646

FOCUS OF THE WEEK:60" Alt. KB Swing > Hight Pull

### CROSSFIT
A: L-Pullup > Pullup > T2B
6 x this complex
All strict!

B: 12' AMRAP:
250 m / 220 m Row
6 L-Pullups
12 HSPU
18 Alt. DB Snatch 22.5/15 kg
24 Alt. DB OH Lunges

C: For Time (TC: 14`)
75 Wall Balls 9/6
25 Power Clean 60/ 48 kg
75 Wall Balls 9/6

NOTES: This is a longer workout with small reps and a focus on transitions. Move with a slow and steady pace, but change exercises quikly!

### CROSSFIT
A: Deadlift
3 x 10 reps
TnG, but NO bouncing!

B: TABATA THIS
8 x each 20" on / 10" off
Deadlift 75/55 kg
Pull Ups / Ring Rows
KB Goblet Squats 16/12 kg
Double Unders / SU's

C: 21-15-9
Thruster 43/ 29 kg
Lateral Burpee over Bar
Sit-ups

In The Remaining Time untill 18 `:
1 rep max P. Clean+ H.Sq Clean

NOTES: Go unbroken an only take rest in the 10 `

### CROSSFIT
A: Strict Press
3 x 10 reps
Soft TnG on shoulders

B: 12' OTM
1`: 8 Push Press 70/50 kg
2` : 8 Burpee Pull-ups
3`: 10 Bend over Row 70/50 kg
4`: 14 Double KB Swings 2x16/2x12 kg

C: 2 Rounds :
1:1 Work/Rest
100 Du
20 Thrusters 45/30 kg
20 Bar Facing Burpees

NOTES: The goal is to be able to finish each round. Take a weight that is not too light but that you can still move with a clean technique.

### CROSSFIT
A: Sq. Snatch > PSnatch > OHS
6 x this complex
Increase weight every set

B: For time (TC: 15'):
800/ 750 m Row
12 Squat Snatch 60/40 kg
10 Backsquats
100 DU's / 150 SU's
12 Power Snatch
10 Alt. FR Lunges
800/750 m Row

C: 15`EMOM:
6 Thrusters - 6 Lat Bar Burpees 60 / 40 kg
8 Push Press - 20 DU
8 Front Squats - 15 " Hold

NOTES: Try to realise early enough when you have to break down the reps . Try to keep the pace.

### HERO FRIDAY
Team of 2:
30' AMRAP:
20 KB Clusters
100 DU's or SU's
20 KB Thrusters
100 Burpees
20 KB FrontSquats
100" Handstand Hold
20 KB Swings
100 Mountain Climbers
Share the reps as you want....

NOTES: It's a team of 2 Workout. The Goal is for you to get to the second round , so make a plan in advance how you want to complete the workout with your Partner.

### CROSSFIT
A: Clean > PClean > Front Squat
6 x this Complex
Increase weight every set

B: 15,12,9,6,3 ( TC: 14')
Toes to Bar
H. Squat Clean 70/50
Box Jump overs

C: 14`AMRAP:
8 DB OH Lunges2x 22.5/2x 5 kg
15 Wall Balls
8 Burpee Pull ups

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 70% 1RM if the prescribed weight is to heavy for you

### WEEKLY MASH UP
36`Timeframe /3rds
3`AMRAP 1,2,3...
Alt. DB OH Lunges
L-Pull Ups
HSPU
...
1` REST
50"/10" Max Effort
DU's /60 SU's
Push-ups
DB Goblet Squats
...
1` REST
3 RFT(TC:3')
4 Burpee Pull-ups
6 T2B
8 DB Thrusters
1` REST

NOTES: Go unbroken al long es you can.Try to beat your score in the second and third round.

### Foundation
3 Continous Rounds:
30" Scapula Pull- ups
30" Banded Pull Apart

2 Pull- up - 1 Toes to Bar (Strict)
6x Complex

Every 2 Tor 10`.
2 Pull- up
5- 10 Push -up
10 Plate Squats
10 Down - up ( 3sec Hold)

### Foundation
3 Continous Rounds:
30" KB Swings
30" KB Horn Curls

Deadlift
3 x 10 reps
TnG, but NO bouncing!

10 `AMRAPQ:
5 Deadlift
5-5 Single Leg Box Step up
10 Ring Row
10 Sit- ups

### Foundation
3 Continous Rounds:
30" Banded Press
30" Hollow Rock

Strict Press
3 x 10 reps
Soft TnG on shoulders

10 `AMRAPQ:
TOE2M: 3 Strict Press
8 Doub. DB Z Press
8 DB Renegade Row
8 Plank Jacks (5 sec Hold )
30" Fire Chair

### Foundation
3 Continous Rounds:
30" KB Activ Passiv Shoulders L
30" KB Activ Passiv Shoulders R
30" Doub KB OH Carry

2 Doub KB Snatch+ 1 Front Squat
6 x this Complex

9`EMOM:
1: 8 Doub KB Snatch
2: 10 Gorilla Row
3: 12 Doub. KB Abrahams

### Foundation
3 Continous Rounds:
30" Knee Over Toes (deep squat)
30" Doub. KB Swings

KB Clean Complex 6x
Doub. Kb Squat Clean- Power Clean - Front Sq.

2 RFT(TC:10')
10 Doub. KB Squat Clean
15 Doub . KB Swing
15 Box Step Ups
10 Doub. KB Bent Over Row
TOEM: 2 Doub. KB Front Squat

### FITXPRESS
50"on/10" off / 3 Rounds
Plate Burpee overs
Sit - ups
Bike
Row
Ski
Russian Twists
Banded Run
KB Swings

### FITXPRESS
24 ` Timeframe:
5 RFT (TC :20')
15 Push-ups
2x20 Side Ups
20 Doub. KB BO Rows
20 Alt. KB Rotation Lunges
...
ROT:Row

### FITXPRESS
25`Timeframe :
Check In
1' Fire Chair
1' Plank Hold
1'MedBall Squats
1` MedBall Bear Hug Carry
1' Rest
ROT AMRAP:
20 Lat. Ball Burpee
10 KB Press
20 Sit- Ups
10 Deck Squats
20 Plank Tucks

### FITXPRESS
25`Timeframe:
12 `EMOM:
1: 12-16 KB Swings
2: 45" Doub. KB Carry
3: 45" Shuttle Run

1`Rest
3 Rounds:
15/12 cal Row
10 Doub. KB Thrusters
10 Doub. KB Swings

ROT AMRAP:
1 ,2,3,4....
Row cal.
Squat Jumps
Push - up
Sit -ups

### FITXPRESS
2` on/1` off
Bike
Row
Ski
Shuttle Run
KB Thrusters
KB Goblet Squats
Weighted Step overs
Burpees

### Hyrox
36` Timeframe, Part A, 2:00 Rest, Part B
Part A: 08:00 Work / 02:00 Rest
Zone 1: Team of 2 (A+B)
12 Alt. Jackknife Sit Ups (A)
12 Hollow Body Jacks (A)
max KB Goblet Box Step Ups (B)
Zone 2:
7/s Db. KB Plate elevated Split Squats
10 Push Ups
5 Superman Rows
Part B: 06:00 Work / 02:00 Rest
Zone 1:
2 Db. DB Squat Cleans > 2 Db. DB Thrusters
0:20 Rest
Zone 2:
3/s SA KB Snatch > 12 KB Goblet Reverse Lunges
0:30 Rest

Notes A: Zone 1 is a partner workout, zone 2 an AMRAP.
Notes B: Divide class into 2 zones, each zone involves a couplet. Athletes complete a set of each exercise. Athletes rest as prescribed before repeating.
Use medium to large weights.

### Hyrox
40` Timeframe
04:50 Work / 00:10 Rest
Zone 1:
max m Run --> RPE: 6+
Zone 2:
max m Ski Erg --> RPE: 6+
Zone 3:
max Lunges
every 40 Lunges do 5 Push Ups
Zone 4:
max m Row --> RPE: 7+

Notes: Divide the class into 4 zones. There is only a short rest, leading into lower intensity.
The Row and Lunges should be the most challenging efforts. All efforts should be controlled.
Run: use a watch for outdoor, or the Assault Runner.

### Hyrox
36` Timeframe
03:00 Work / 01:00 Rest, 2 Rounds
Zone 1:
max m Assault Run --> RPE: 6.5
Zone 2: Couplet AMRAP
5 Burpees > 20 Wall Balls
Zone 3:
max m Row --> RPE: 6.5
Zone 4: Couplet AMRAP
5 Db. DB Thrusters > 5/s Db. DB Step Ups
03:00 Rest after 4 Zones!

Notes: Divide class into 4 zones. Athletes work for 12 minutes across all 4 zones, followed by a 3 minute rest.
Couplets represent the more challenging part of the workout. Use medium weight DBs.
Shuttle Runs instead of Assault Runner is a scaling option.