

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	
27 juni	<p>TeamWOD</p> <p>2&2, 1 round each 20 RFT: 6 Thrusters 200 m Run 12 Wall ball shots</p>	<p>A1.Strict Pullups 4 sets x 6-8 reps @2110, rest 45 sec A2.Partnered Leg Tosses 4 sets x 12-15 reps, rest 45 sec</p> <p>(150706) 2 RFT: 12 Burpees 12 Thrusters 12 Burpees 12 Power Snatch 12 Burpees 12 Push Jerks 12 Burpees 12 Hang Squat Clean 12 Burpees 12 OHS</p>	<p>TeamWOD</p> <p>In teams of 3, complete 5 rounds each, for max reps, of: Push-Ups 400 m Run Wall Ball Shots</p> <p>Only one partner may occupy each station; partners rotate as a group as soon as their teammate complete the 400 m run.</p>	<p>Front Squat *Set 1 – 5 reps @ 65% *Set 2 – 4 reps @ 75% *Set 3 – 3 reps @ 80% *Set 4 – 2 reps @ 85% *Set 5 – 1 rep @ 90% *Set 6 – 1 rep @ 95% *Set 7 – 4 reps @ as heavy as possible Rest 2 min between sets.</p> <p>AMRAP x 12 min: 12 Back Squats (taken from the floor) Run 200 m</p>	<p>(150701) For time: 200 m Run 20 Power Cleans 20 TTB</p> <p>400 m Run 15 Power Cleans 15 TTB</p> <p>800 m Run 10 Power Cleans 10 TTB</p>	<p>TeamWOD (141206) 2&2 for time: 40 Burpees 100 Wall ball shots 9/6 kg 40 Burpees 100 Walking lunges 40 Burpees 100 KBS 24/16 kg 40 Burpees 100 Push-Ups 40 Burpees</p>	26
4 juli	<p>TeamWOD Team Karabel</p> <p>2&2, 10 rounds each of: 3 Power Snatches 60/40kg 15 Wall ball shots 9/6kg 1 athlete works at a time, and completes a whole round.</p>	<p>EMOM for 12 minutes: Power Clean x 1 rep *Set 1 – 60% *Set 2 – 65% *Set 3 – 70% *Set 4 – 75% *Set 5 – 80% *Set 6 – 85% *Sets 7-12 – 85+%</p> <p>“Wittman” 7 RFT: 15 KBS 24/16 kg 15 Power Clean 42,5/30 kg 15 Box Jumps 60/45 cm</p>	<p>TeamWOD</p> <p>2&2, alternating each movement, complete 20 RFT: 10 Thrusters 10 Burpees 30 Double Unders/45 Single Unders</p> <p>(Partner A performs 10 thrusters; Partner B performs 10 burpees; Partner A performs DU:s; Partner B performs 10 thrusters...)</p>	<p>Back Squat *Set 1 – 5 reps @ 65% *Set 2 – 4 reps @ 75% *Set 3 – 3 reps @ 80% *Set 4 – 2 reps @ 85% *Set 5 – 1 rep @ 90% *Set 6 – 8 reps @ 75-85% Rest 2 min between sets.</p> <p>(150709) 5 RFT: 400 m Run 15 Box jumps 15 KBS</p>	<p>Every 2 min, for 20 min (10 sets): Hang Snatch + Snatch</p> <p>5 RFT: 5 Shoulder to Overhead (155/105 lbs) 10 Burpees Over the Barbell</p>	<p>TeamWOD (140726) 2&2 AMRAP x 30 min: Person A runs 400 m Person B does 1 round of: 5 GTOH 10 Push-Ups 15 Situps</p> <p>And then rests until A gets back Switch and repeat!</p>	27
11 juli	<p>TeamWOD (131228) 2&2: 20-19-18-17-16-15-14-13-12-11-10 reps of: Thrusters Burpees End of each burpee set, perform 5 Pull-Ups each</p>	<p>A1: Turkish Get Up (4 sets x 2 reps/arm, rest 45 sec) A2: Handstand (4 sets x 45-60 sec (nose to wall), rest 45 sec)</p> <p>5 RFT: 15 Wall Ball Shots 10 Toes to Bar 5 Burpees</p>	<p>TeamWOD (160109) 2&2 score as many reps as possible in the following movements: 4 rounds of: 60 sec of KBS Rest 60 sec 60 sec of Push-Ups Rest 60 sec 60 sec of Box Jump Overs Rest 60 sec 60 sec of Burpees Rest 60 sec 60 sec of Situps Rest 60 sec</p> <p>One partner works for the entire 60 sec, and then rests while their partner works for 60 sec.</p>	<p>Push Press 5 sets x 3 reps @11X1, rest 2-3 min</p> <p>(150707) 5 RFT: 200 m Run with medicine ball 20 Wall ball shots 15 Situps with medicine ball</p>	<p>Front Squat *Set 1 – 3 reps @ 65% *Set 2 – 2 reps @ 75% *Set 3 – 1 reps @ 80% *Set 4 – 3 reps @ 85% *Set 5 – 2 rep @ 90% *Set 6 – 1 rep @ 95% *Set 7 – 3 reps @ as heavy as possible Rest 2 min between sets.</p> <p>AMRAP x 8 min: 10 Shoulder to Overhead 50 Double Unders/75 Single Unders</p>	<p>TeamWOD Team Cindy</p> <p>2&2, AMRAP x 40 min: 5 Pull-Ups 10 Push-Ups 15 Air Squats</p>	28
18 juli	<p>TeamWOD (151214) 2&2 3 RFT: 100 Squats 50 KB SDHP 32/24kg 40 Pull-Ups 30 Burpee box jump over 60/45cm 20 Wall climbs</p>	<p>Back Squat *Set 1 – 5 reps @ 65% *Set 2 – 4 reps @ 75% *Set 3 – 3 reps @ 85% *Set 4 – 2 reps @ 90% *Set 5 – 1 rep @ 95% *Set 6 – 6 reps @ 80-85% Rest 2 min between sets.</p>	<p>TeamWOD “Team Running Jackie” For time: Run 1000 m together 100 Thrusters 60 Pull-Ups</p>	<p>A1.Bulgarian Split Squats 3 sets x 8 reps each leg @3011, rest 45 sec between legs, 45 sec before moving on A2.Pronated-Grip Strict Pull-Ups 3 sets x 5 reps @21X0, rest 45 sec</p> <p>For time: 75 Double Unders/150 Single Unders 50 Wall Ball Shots 25 Burpees</p>	<p>(150727) AMRAP x 12 min: 100 DU:s 50 Lateral Barbell Burpees 30 Clusters 10 MU:s/15 Pull-Ups</p>	<p>TeamWOD (150728) 2&2, 1 round each 20 RFT: 6 Power snatch 9 Box jumps 12 KBS</p>	29

		3 RFT: 30 Wall Ball Shots 20 Burpees 10 Box Jump-Overs		50 Wall Ball Shots 75 Double Unders/150 Single Unders			
25 juli	<p>TeamWOD (150103) 2&2: 5 RFT:</p> <p>30 Shuttleruns w. med.ball 9/6kg 30 Wall ball shots 9/6kg 30 Box jumps 60/40cm</p> <p>Then: 30 Thrusters 40/25kg</p>	<p>Front Squat *Set 1 – 4 reps @ 65% *Set 2 – 3 reps @ 75% *Set 3 – 2 reps @ 80% *Set 4 – 3 reps @ 85% *Set 5 – 2 reps @ 90% *Set 6 – 1 rep @ 95% *Set 7 – 2 reps @ as heavy as possible Rest 2 min between sets.</p> <p>AMRAP x 10 min: 1 Power Clean 1 Front Squat 1 Shoulder to Overhead 2 Power Cleans 2 Front Squats 2 Shoulder to Overhead 3 Power Cleans 3 Front Squats 3 Shoulder to Overhead ...and so on.</p>	<p>TeamWOD Team-Victoria 2&2 5 RFT:</p> <p>20 Thrusters 45/30 kg 28 Box jumps 60/45 cm 24 Sumo deadlift high pull 45/30 kg 24 Burpees 54 KBS 24/16 kg</p>	<p>A1.Strict Pullups 4 sets x 6-8 reps @2110, rest 45 sec A2.Partnered Leg Tosses 4 sets x 12-15 reps, rest 45 sec</p> <p>(150629) 10-9-8-7-6-5-4-3-2-1: Burpees Double KB Front Rack Lunges (each leg) 200 m Run between each round</p>	<p>“The Chief” 5 rounds: AMRAP 3min: 3 Power Cleans 6 Push-Ups 9 Squats Rest 1 min between rounds <i>(You will resume the next round where you left off. Score is total rounds and reps)</i></p>	<p>TeamWOD 2&2, with only one person working at a time, complete: 100 Kettlebell Swings 400 m Run* 100 Barbell Thrusters 400 m Run 80 Burpees 400 m Run 100 Barbell Thrusters 400 m Run 100 Kettlebell Swings</p> <p>*Both athletes perform the run at the same time.</p>	30