

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	Söndag	
26 sep	<p>WOD</p> <p>5 sets of: Cleans x 3 reps, go heavy</p> <p>“5-min Capacity Test” AMRAP x 5 min: 5 Squat Cleans 10 Burpees Over the Barbell</p> <p>EMOM x 15 min: Min 1: 10 Goblet Squats Min 2: 10 Kettlebell Swings Min 3: 10 Push-Ups</p> <p>TeamWOD</p> <p>Teams of 3 must complete a total of 4 sets each as quickly as possible of: Row 500 m — 5 Hand-Release Push-Ups 10 Box Jumps 5 Hand-Release Push-Ups 10 Box Jumps 5 Hand-Release Push-Ups 10 Box Jumps — Run 400 m</p> <p>Teammates must attack the workout in order, and cannot perform similar tasks at the same time. All teammates start on the row . . . which means Teammate B has to wait until Teammate A has completed the 500 m Row before he/she may begin. Teammates cannot be performing the gymnastics couplet or the run at the same time. Thus, Teammate B needs to wait until Teammate A returns from his/her run before he/she may begin the run.</p>	<p>WOD</p> <p>AMRAP x 8 min: 8 Wall Ball Shots 8 Strict Supinated-Grip Pull-Ups Rest 4 min, and then...</p> <p>AMRAP x 6 min: 15 Push-Ups 15 Box Jump-Overs Rest 4 min, and then...</p> <p>AMRAP x 4 min: 100 m sprints</p> <p>WOD Green</p> <p>4 sets: Power Clean x 3-5 reps Rest 45 sec Double-Under Practice x 60 sec Rest 90 sec</p> <p>5 Rounds for time: 5 Power Cleans 10 Burpee Box jumps</p>	<p>WOD</p> <p>3 sets of: Deadlift x 6-8 reps @20X1 Rest 20 sec Unbroken Kettlebell Swings x 20 reps Rest 3 min</p> <p>For time: Row 800 m 25 Thrusters 25 Toes to Bar 100 Double-Unders 25 Toes to Bar 25 Thrusters Run 800 m</p>	<p>WOD</p> <p>5 sets: Push Press x 3-5 reps, Rest 90 sec Strict Weighted Pullups x 3-5 reps Rest 90 sec</p> <p>(150916) 2 rounds of: AMRAP x 6 min: 15 Burpees 10 Push Press</p> <p>Rest 3 min between sets and pick up where you leave off after each set. Report total rounds and reps performed.</p> <p>WOD Green</p> <p>4 sets: Push Press x 6-8 reps Rest 60 sec Handstand Practice x 60 sec Rest 90 sec</p> <p>(150916 Green) 2 rounds of: AMRAP x 6 min: 10 Burpees 5 Push Press</p> <p>Rest 3 min between sets and pick up where you leave off after each set. Report total rounds and reps performed.</p>	<p>WOD</p> <p>Every 2 min, for 12 min: Minutes 1-2, 7-8: Muscle-Ups x Max Reps in 45 sec (OR 3 Rolls to Candlestick + Low Ring Muscle Up Progression x 3-4 reps) Minutes 3-4, 9-10: Handstand Walk x 10 m (use partner assist or Handstand Wall Runs if you don’t have handstand walks yet) Minutes 5-6, 11-12: L-Hang x 45 sec accumulated time</p> <p>Against a 3 min running clock, complete: 400 m Run Wall Ball Shots x Max reps Rest 3 min Repeat for a total of 3 sets.</p>	<p>TeamWOD (160116)</p> <p>2&2, with only one teammate working at a time, complete the following as quickly as possible: 5 Rounds for time: 50 Box Jumps 40 Wall Ball Shots 30 Kettlebell swings 20 Burpees</p>	<p>TeamWOD (140208)</p> <p>2&2: On the minute x 30 min: 3 Thrusters 45/30 kg 6 Box jumps 60/40 cm Max reps Burpees (Odd: P1 goes Even: P2 goes)</p>	39
3 okt	<p>WOD</p> <p>6 sets of: Deadlift x 6-8 reps, rest 45 sec</p> <p>5 rounds for time: 10 Pull-Ups 20 Kettlebell Swings 200 m Run</p> <p>TeamWOD (160208)</p> <p>2&2, with only one partner working at a time.</p> <p>Complete rounds of 50, 40, 30, 20 and 10 reps for time of: Kettlebell Swings Pull-Ups</p>	<p>WOD</p> <p>Every 3 min, for 36 min (3 rounds of each), for times: Station 1 – 50/35 Calorie Row Station 2 – 50 Double-Unders + 20/15 Push-Ups Station 3 – Run 400 m Station 4 – 15 Toes to Bar + 15 Push Presses</p> <p>WOD Green</p> <p>4 sets: Power Clean x 3-5 reps Rest 45 sec Double-Under Practice x 60 sec Rest 90 sec</p> <p>4 Rounds for time: 10 Power Cleans 400 m Run</p>	<p>WOD</p> <p>3 sets of: Back Squat x 6-8 reps @31X1 Rest 2 min Weighted Pull-Ups x 3-5 reps @21X0 Rest 2 min</p> <p>4 rounds for time: 60 Double-Unders 30 Wall Ball Shots 15 Pull-Ups</p>	<p>WOD</p> <p>Every 2 min, for 12 min (2 sets each): Minutes 1-2, 7-8: Muscle-Ups x Max Reps in 45 sec (OR 3 Rolls to Candlestick + Low Ring Muscle Up Progression x 3-4 reps) Minutes 3-4, 9-10: Handstand Walk x 10 m (use partner assist or Handstand Wall Runs if you don’t have handstand walks yet) Minutes 5-6, 11-12: Alternating Pistols x 16-20 reps</p> <p>3 rounds for max reps/calories: 90 sec of Rowing (for Calories) Rest 90 sec 90 sec of Ring dips/Push-ups</p>	<p>WOD</p> <p>Take 15 min to build to today’s heavy Power Clean & Jerk</p> <p>3 rounds for time of: Run 400 m 15 Ground to Overhead 30 Air Squats</p>	<p>TeamWOD</p> <p>2&2, with only one teammate working at a time, complete: 200 Burpees 200 Wall ball shots 200 Box Jump Overs</p> <p>Teammates may partition reps however they’d like, but the non-working teammate must be in the designated resting position in order for the reps to count towards their total. Designated resting positions: Burpees – Medicine ball extended overhead Wall ball shots – Hanging from a</p>	<p>TeamWOD Team-Eva, 2&2</p> <p>10 RFT: 800 m Run 30 Kettlebell swings 30 Pull-Ups</p>	40

	<p>Rest exactly 2 min, and then . . .</p> <p>Complete rounds of 50, 40, 30, 20 and 10 reps for time of: Thrusters Box Jumps</p>			<p>Rest 90 sec 90 sec of Burpee Box Jump-Overs Rest 90 sec</p> <p>WOD Green 4 sets: Push Press x 6-8 reps Rest 60 sec Handstand Practice x 60 sec Rest 90 sec</p> <p>3 rounds for max reps/calories: 90 sec of Rowing (for Calories) Rest 90 sec 90 sec of Push-ups Rest 90 sec 90 sec of Burpee Box Jump-Overs Rest 90 sec</p>		<p>Pull-Up Bar Box Jump Overs – Plank from Elbows</p>		
10 okt	<p>WOD 4 sets of: Back Squat x 3-5 reps @30X1 Rest 45 sec Strict Supinated Grip Pull-ups x Max Reps Rest 60 sec</p> <p>5 rounds for time: 12 Push Press 12 Kettlebell Swings (heavy)</p> <p>TeamWOD (140726) 2&2 AMRAP x 30 min: Person A runs 400 m Person B does 1 round of: 5 Ground to overhead 10 Pushups 15 Situps</p>	<p>WOD 21, 15 and 9 reps for time: Thrusters Pull-Ups Burpees Over the Barbell</p> <p>WOD Green 4 sets of: Deadlift x 6-8 reps @20X1 Rest 60 sec Double-Under Practice x 60 sec Rest 60 sec</p> <p>15, 12 and 9 reps for time: Thrusters Pull-Ups Burpees Over the Barbell</p>	<p>WOD 4 sets of: Deadlift x 4-6 reps @21X1 Rest 30 sec Handstand Push-Ups x 12-15 reps (consecutive or accumulated) Rest 2 min</p> <p>2&2, partners alternate rounds to complete 6 each of: 6 Hang Power Cleans 100 m Run</p>	<p>WOD 5 sets of: Shoulder Press x 5 reps @20X1 Rest 2 min between sets and use that time to work mobility and prepare for part B.</p> <p>4 rounds for time of: 10 Ring Dips 20 Toes to Bar 30 Double-Unders</p> <p>WOD Green 3 sets of: Shoulder Press x 8-10 reps @20X1 Rest 60 sec Kettlebell Swings x 20-25 reps Rest 60 sec</p> <p>For time: Row 400 m immediately followed by... 3 rounds of: 10 Push-Ups 10 Box Jump-Overs immediately followed by... Run 800 m</p>	<p>WOD Tabata Row for Calories Rest 60 sec Tabata Wall Ball Shots Rest 60 sec Tabata Burpees Rest 60 sec Tabata Pushups Rest 60 sec Tabata Sit-Ups</p> <p>*Perform 8 sets of 20 sec of work and 10 sec of rest for each “Tabata” movement, and rest 60 sec before moving on to the next movement.</p>	<p>TeamWOD In teams of 4, complete as many reps as possible of the following circuit in 30 min: 400 m Run Box Jump Overs Burpee Pull-Ups Wall Climbs</p> <p>Each team member will start on a different station and may not rotate to the next station until their running teammate returns.</p>	<p>TeamWOD (150411) 2&2 AMRAP x 30 min: 100 KBS 100 Burpee-box jumps 100 Wall ball shots</p>	41
17 okt	<p>WOD Every 2 min for 12 min (6 sets): Hang Clean + Power Clean + Clean (build to today’s heavy!)</p> <p>Against a 3-min running clock, complete as many rounds through the following ladder: Hang Power Clean + 1 Front Squat Hang Power Clean + 2 Front Squats Hang Power Clean + 3 Front Squats, ...</p>	<p>WOD 6 sets of: Shoulder Press x 2 reps @20X1 Rest 2 min</p> <p>AMRAP x 10 min: 10 Pull-Ups 15 Thrusters 30 Double-Unders</p> <p>WOD Green 4 sets of: Back squats x 8-10 reps</p>	<p>WOD Deadlift: *Set 1 – 5 reps @ 75-80% *Set 2 – 3 reps @ 80-85% *Set 3 – 1 rep @ 85-90% *Set 4 – 5 reps @ 80-85% *Set 5 – 3 reps @ 85-90% *Set 6 – 1 rep @ 90+% Rest 3 min between sets.</p> <p>3 rounds for time of: 20/15 Calorie Row (or 400 m Run) 15 Box Jumps</p>	<p>WOD Every 90 sec, for 12 min (2 sets of each): Station 1 – Muscle-Ups x 3-8 reps (or low-ring muscle-up transitions x 3-8 reps, or ring dips x 6-8 reps @2111) Station 2 – Arch to Hollow Rolls x 20 reps (alternate from holding a supine hollow body position to a prone arch/superman position without your hands or feet touching the floor) Station 3 – Supine Ring Rows x 10-12</p>	<p>WOD Every 2 min, for 16 min (8 sets): Hang Snatch x 1.1.1 (rest 5-7 sec between singles) Build in load over the course of the 8 sets.</p> <p>AMRAP x 14 min: 7 Hang Snatches (hang power snatch is ok too) 14 Toes to bar</p>	<p>TeamWOD In teams of 2, alternating complete rounds, complete as many rounds as possible in 30 min of:</p> <p>5 Power Cleans 10 Burpees Over the Barbell 10 Wall Ball Shots</p>	<p>TeamWOD (150328) 2&2 AMRAP x 40 min: 160 DU:s 140 Air squats 120 Situps 100 Wall ball shots 9/6 kg 80 Mountain climbers 60 Goblet squats 24/16 kg 40 Kettlebell swings 24/16 kg 20 Pushups 10 Wall climbs Every 2 min do 4 burpees with clap!</p>	42

	<p>Rest 3 min between sets, and complete a total of 3 sets.</p> <p>TeamWOD</p> <p>Team-Victoria 2&2</p> <p>5 Rounds for time:</p> <p>20 Thrusters 45/30kg</p> <p>28 Box jumps 60/45cm</p> <p>24 Sumo deadlift high pull 45/30kg</p> <p>24 Burpees</p> <p>54 Kettlebell swings 24/16kg</p>	<p>Rest 45 sec</p> <p>Double-Under Practice x 60 sec</p> <p>Rest 60 sec</p> <p>AMRAP x 10 min:</p> <p>10 Push Press</p> <p>10 Burpee Box Jump-Overs</p>	15/10 Strict Handstand Push-Ups	<p>reps @2111</p> <p>(get as horizontal as possible, maintain engaged glutes and abdominals throughout the movement)</p> <p>Station 4 – 45-60 sec of Handstand Walking – use a partner to assist if necessary</p> <p>(OR 45-60 sec Nose-to-Wall Handstand Hold if you need more time to get comfortable upside down)</p> <p>Against a 2-min running clock, complete a total of 6 sets of the following:</p> <p>Row 300/250 m</p> <p>Push-Ups x Max Reps</p> <p>Rest 2 min between sets.</p> <p>WOD Green</p> <p>3 sets of:</p> <p>Deadlift x 8-10 reps @3011</p> <p>Rest 45 sec</p> <p>Double-Under Practice x 60 sec</p> <p>Rest 90 sec</p> <p>5 rounds for time of:</p> <p>6 Strict Pull-Ups</p> <p>18 Wall Ball Shots</p>				
24 okt	<p>WOD</p> <p>For time:</p> <p>10-8-6-4-2 Squat Cleans</p> <p>100-80-60-40-20 Double-Unders</p> <p>Front Squat 3 sets x 3 reps</p> <p>Back Squat 3 sets x 3 reps</p> <p>TeamWOD</p> <p>2&2 For time:</p> <p>20-18-16-14-12 Thrusters</p> <p>100-80-60-40-20 Burpees over barbell</p>	<p>WOD</p> <p>Turkish Get-Ups 3 sets x 2-3 reps each arm</p> <p>Rest 60-90 sec</p> <p>4 rounds for max reps of:</p> <p>60 sec of Rowing for Calories</p> <p>Rest 15 sec</p> <p>60 sec of Push-Ups</p> <p>Rest 15 sec</p> <p>60 sec of Box jump overs</p> <p>Rest 90 sec</p> <p>WOD Green</p> <p>3 sets of:</p> <p>Front-Racked Alternating Lunges x 8-10 reps each leg @2011</p> <p>Rest 60-90 sec</p> <p>Strict Pull-Ups x max reps</p> <p>Rest 60-90 sec</p> <p>4 rounds for max reps of:</p> <p>60 sec of Rowing for Calories</p> <p>Rest 15 sec</p> <p>60 sec of Push-Ups</p> <p>Rest 15 sec</p> <p>60 sec of Box jump overs</p> <p>Rest 90 sec</p>	<p>WOD</p> <p>Every 3 min, for 15 min (5 sets):</p> <p>Push Press x 3-5 reps</p> <p>Goal is to establish today's 5-RM.</p> <p>Every min, on the min, for 16 min:</p> <p>Even minutes – 10 Burpees</p> <p>Odd minutes – 5 Power Cleans</p> <p>(use the heaviest weight you believe you can successfully handle – note weight used)</p>	<p>WOD</p> <p>4 sets of:</p> <p>Deadlift x 6-8 reps</p> <p>Rest 60 sec</p> <p>Single-Arm Kettlebell/Dumbbell Row x 10-12 reps @2111</p> <p>Rest 60 sec</p> <p>For time:</p> <p>Row 1000 m</p> <p>followed immediately by . . .</p> <p>3 rounds of:</p> <p>30 Double-Unders</p> <p>20 Kettlebell Swings (heavy)</p> <p>10 Strict Handstand Push-Ups</p> <p>WOD Green</p> <p>4 sets of:</p> <p>Back Squat x 8-10 reps @30X1</p> <p>Rest 60 sec</p> <p>Strict Pull-Ups x 4-6 reps @21X0</p> <p>(add as much weight as possible while achieving at least 4 reps)</p> <p>Rest 60 sec</p> <p>Double-Under Practice x 60 sec</p> <p>Rest 60 sec</p> <p>For time:</p> <p>Row 1000 m</p> <p>followed immediately by . . .</p> <p>3 rounds of:</p>	<p>WOD</p> <p>Every 2 min, for 12 min (6 sets):</p> <p>Snatch Balance + 3 Overhead Squats</p> <p>Build to today's heaviest snatch balance + 3 overhead squats.</p> <p>For time:</p> <p>12 Power Snatches</p> <p>12 Box Jumps</p> <p>9 Power Snatches</p> <p>9 Box Jumps</p> <p>6 Power Snatches</p> <p>6 Box Jumps</p> <p>Run 600 m</p>	<p>TeamWOD</p> <p>2&2, 5 Rounds for time:</p> <p>40 Pull-ups</p> <p>60 Push-ups</p> <p>80 Sit-ups</p> <p>100 Squats</p> <p>Rest 2 min after each round.</p>	<p>Open Sunday</p> <p>CFG Open 12.3</p> <p>AMRAP 18 min:</p> <p>15 Box jumps 60/40 cm</p> <p>12 Shoulder to Overhead 52,5/35 kg</p> <p>9 Toes to bar</p>	43

				20 Kettlebell Swings 10 Toes to Bar 10 Strict Handstand Push-Ups or L- Seated Dumbbell Press				
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