

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	
28 nov	<p><b>WOD</b></p> <p>3 sets of: Overhead Squat x 8-10 reps @30X1 Rest 2 min Strict/Weighted Pullups x 3-5 reps @21X0 Rest 2 min</p> <p>4 rounds for time of: 60 Double-unders 50 Air Squats 20 Toes to Bar</p> <p><b>TeamWOD</b> (151121) 2&amp;2, AMRAP x 30 min 50 Wall Ball Shots 50 Power Cleans 50 Burpees 50 Kettlebell Swings</p>	<p><b>WOD</b></p> <p>21-15-9 reps for time of: Thrusters (heavy) Pull-Ups Burpees</p> <p><b>Mini Flight simulator</b> For time: 5-10-15-20-25-20-15-10-5: DU:s</p> <p><b>WOD Green</b></p> <p>Every 2 min, for 20 min (5 sets of each): Station 1: Power Clean and Jerks x 2-3 reps Station 2: Jump rope/DU:s practice</p> <p>15-9-6 reps for time of: Thrusters Pull-Ups Burpees</p>	<p><b>WOD</b></p> <p>5 sets of: Back Squat x 3-5 reps @30X1 Rest 60 sec Single-Arm Dumbbell Row x 8-10 reps @2020 Rest 60 sec</p> <p>AMRAP x 10 min: Deadlift x 1 rep Hang Power Clean x 1 rep Front Squat x 1 rep Push Press x 1 rep (You must perform 5 burpees any time the weight settles on the ground. Loading: Men=115 lbs, Women=75 lbs)</p>	<p><b>WOD</b></p> <p>4 sets of: Push Press x 4-6 reps @11X1 Rest 60 sec</p> <p>AMRAP x 7 min: Row 250 m 10 Thrusters Rest 3,5 min</p> <p>AMRAP x 7 min: 40 Double-Unders 20 Hand-Release Push-Ups Rest 3,5 min</p> <p>AMRAP x 7 min: 20 Box Jumps 10 Push Press</p> <p><b>WOD Green</b></p> <p>4 sets of: Push Press x 4-6 reps Rest 60 sec</p> <p>AMRAP x 7 min: Row 250 m 7 Thrusters Rest 3,5 min</p> <p>AMRAP x 7 min: 20 Jumping Lunges 10 Hand-Release Push-Ups Rest 3,5 min</p> <p>AMRAP x 7 min: 10 Box Jumps 7 Push Press</p>	<p><b>WOD</b></p> <p>Every 2 min, for 8 min (4 sets): 20 Walking Lunges with Dumbbells or Kettlebells Go as heavy as possible each set.</p> <p>Tabata Assault bike for Calories Rest 60 sec Tabata Wall Ball Shots Rest 60 sec Tabata Burpees Rest 60 sec Tabata Double-unders</p>	<p><b>TeamWOD</b></p> <p>2&amp;2, AMRAP x 40 min 100 Double-Unders 80 Kettlebell Swings 60 Wall Ball Shots 40 Burpees 20 Toes to Bar</p>	48
5 dec	<p><b>WOD</b></p> <p>Take 10-15 min to build 3-RM Back Squat,</p> <p>For time: Row 200 m immediately followed by...</p> <p>3 rounds of: 10 Pushups 15 Box Jump-Overs</p> <p>immediately followed by... 20 Shuttle runs</p> <p><b>TeamWOD</b> (151212) 2&amp;2, alternating each movement, complete 20 RFT: 10 Thrusters 10 Burpees 30 DU:s</p>	<p><b>WOD</b></p> <p>Every 3 min, for 15 min (5 sets): Shoulder Press x 3-5 reps @20X1 Rest 2-3 min If you achieve 5 successful reps, increase the load in the next set.</p> <p>Complete as many rounds and reps as possible in 12 min of: 6 Push Press 9 Push-Ups 12 Toes to Bar</p> <p><b>WOD Green</b></p> <p>4 sets of: Shoulder Press x 6-8 reps @2010 Rest 45 sec Toes to Bar x 7-10 reps Rest 45 sec</p> <p>Complete as many rounds and reps as possible in 12 min of:</p>	<p><b>WOD</b></p> <p>5 sets of: Power Clean x 2.2.2 (rest 10 sec between doubles) Rest 3 min</p> <p>3 sets for times of: 100 Double-Unders 30 Kettlebell Swings 20 Box Jumps Rest 3 min</p>	<p><b>WOD</b></p> <p>3 sets of: Bulgarian Split Squat x 8-10 reps each @30X0 Rest 30 sec Single-Arm Trap 3 Raises x 8-10 reps @2111 Rest 30 sec</p> <p>Rounds of 15, 12 and 9 reps for time of: Thrusters Burpees (recommended weights 61/43 kg)</p>	<p><b>WOD</b></p> <p>5 sets of: Deadlift x 6-8 reps @3011 Rest 60 sec</p> <p>Complete as many rounds and reps as possible in 10 min of: 10 Power Cleans 10 Burpees Over the Barbell 10 Pull-Ups</p>	<p><b>TeamWOD</b></p> <p>In teams of 2, you and your partner will move through 5 stations trying to score as many reps/points as possible in the following movements: 60 sec of Kettlebell Swings 60 sec of Rest 60 sec of Push-Ups 60 sec of Rest 60 sec of Box Jump Overs 60 sec of Rest 60 sec of Burpees 60 sec of Rest 60 sec of Anchored Sit-Ups 60 sec of Rest</p> <p>One partner works for the entire 60 sec, and then rests while their partner works for 60 sec. Each</p>	49

	(Partner A performs 10 thrusters; Partner B performs 10 burpees; Partner A performs DU:s; Partner B performs 10 thrusters...)	6 Push Press 9 Push-Ups 6 Knees to Arms				partner will cycle through until they complete each station 3 times.	
12 dec	<p><b>WOD</b> 6 sets of: Back Squat Set 1 – 3 reps @ 75-80% Set 2 – 2 reps @ 80-85% Set 3 – 1 rep @ 85-90% Set 4 – 3 reps @ 80-85% Set 5 – 2 reps @ 85-90% Set 6 – 1 rep @ 90-95% Rest 2-3 min between sets</p> <p>Complete as many rounds and reps as possible in 10 min of: 10 Toes to Bar 10 Kettlebell Swings 10 Wall Ball Shots</p> <p><b>TeamWOD</b> In teams of 2, with one partner working at a time, partners alternate rounds to complete as many rounds and reps as possible in 30 min of: 5 Push-Ups 10 Goblet Squats 15 Kettlebell Swings 5 Shuttle Runs</p>	<p><b>WOD Lucia</b> Every 2 min, for 16 min (8 sets): 1 Hang Snatch + 1 Squat Snatch + 1 Overhead squat</p> <p>(151208) 2&amp;2, alternating each movement Complete as many rounds and reps as possible in 15 min of: 10 Overhead squats 10 Burpees 10 Box jump overs</p> <p>(Partner A performs 10 OHS; Partner B performs 10 burpees; Partner A performs Box jump overs; Partner B performs 10 OHS ...)</p> <p><b>WOD Green</b> 5 sets of: Power snatch x 4-6 reps Rest 60 sec</p> <p>2&amp;2, alternating each movement Complete as many rounds and reps as possible in 15 min of: 10 Overhead squats 10 Burpees 10 Box jump overs</p> <p>(Partner A performs 10 OHS; Partner B performs 10 burpees; Partner A performs Box jump overs; Partner B performs 10 OHS ...)</p>	<p><b>WOD</b> Take 15-20 min and build to today's 1-RM Power Clean</p> <p>(151210) Complete as many rounds and reps as possible in 5 min of: 20 Double-unders 10 Air Squats Rest 1 min</p> <p>Complete as many rounds and reps as possible in 5 min of: 5 Clusters 10 Box Jumps Rest 1 min</p> <p>Complete as many rounds and reps as possible in 5 min of: 5 Toes to Bar 10 Push-Ups</p>	<p><b>WOD</b> Take 15-20 min to build to today's heavy Jerk</p> <p>Against a 2-min running clock, complete: 25/15 Calories of Assault Bike or Rowing Max reps Push Press</p> <p>Rest 2 min between sets, and complete a total of 4 sets.</p>	<p><b>WOD</b> 3 sets of: Deadlift x 6-8 reps @2011 Rest 90 sec Ring or Stationary Dips x 10-15 reps (more advanced athletes may perform the dips from high rings – starting each set with a muscle-up) Rest 90 sec</p> <p>3 rounds for time of: 200 Double-unders 15 Hand-Release Push-ups 25 Kettlebell Swings (32/24kg)</p> <p>If you have a training partner, perform this as a team of 2, with one person trailing the other. As soon as partner A completes the Double-unders, Partner B jumps on, while partner A performs the Push-ups and swings.</p>	<p><b>TeamWOD (151214)</b> TeamWOD 2&amp;2: 3 RFT: 100 Air Squats 50 Kettlebell Sumo deadlift high pull 32/24kg 40 Pull-Ups 30 Burpee box jump over 60/45 cm 20 Wall climbs</p>	50
19 dec	<p><b>WOD</b> Take 20 min to build to today's heavy Push Press</p> <p>In teams of 2, with partners alternating complete rounds, complete 7 rounds each of: 3 Power Cleans (heavy) 6 Push Presses (heavy) 9 Push-Ups</p> <p><b>TeamWOD (151212)</b> 2&amp;2, alternating each movement, complete 20 RFT: 10 Thrusters 10 Burpees 30 DU:s</p>	<p><b>WOD</b> 4 sets of: Turkish Get-Up x 2 reps each arm, rest 45 sec Nose-to-Wall Handstand Hold x 45-60 sec, rest 45 sec</p> <p>(151218) 4 Rounds for time of: 15 Shuttle runs 20 Wall Ball Shots 10 Pull-Ups</p> <p><b>WOD Green</b> 4 sets of: Heavy Goblet Squats x 10-12 reps @21X1 Rest 60 seconds Single-Arm Dumbbell Row x 8 reps</p>	<p><b>WOD</b> Complete as many rounds and reps as possible in 6 minutes of: 6 Power Snatches 12 Wall Ball Shots</p> <p>Rest 4 minutes, and when the running clock hits 10:00...</p> <p>Complete as many rounds and reps as possible in 6 minutes of: 12 Alternating Single-Arm Kettlebell Snatches 12 Box Jump-Overs</p> <p>Rest 4 minutes, and when the running clock hits 20:00...</p>	<p><b>WOD</b> 5 sets of: Kettlebell Shoulder Press x 4-6 reps @2011, rest 60-90 sec Farmer's Carry x 8 längder, rest 60-90 sec</p> <p>Complete as many rounds and reps as possible in 4 minutes of: 4 Strict Pull-Ups 8 Push Presses</p> <p>Rest 4 minutes, and then . . .</p> <p>Complete as many rounds and reps as possible in 4 minutes of: 15 Kettlebell Swings (heavy) 15 Push-Ups</p>	<p><b>WOD</b> Every 2 minutes, for 16 minutes (8 sets) of: 3-Position Snatch (high hang, mid-thigh, then floor)</p> <p>Build in load over the course of the 8 sets, emphasizing good speed and mechanics.</p> <p>In teams of 2, alternating complete rounds, perform as many rounds and reps as possible in 8 minutes of: 8 Deadlifts 8 Burpee Box Jump-Overs</p>	<p><b>JulaftonsWOD!</b></p>	51

	(Partner A performs 10 thrusters; Partner B performs 10 burpees; Partner A performs DU:s; Partner B performs 10 thrusters...)	each arm @21X0 Rest 60 seconds  5 Rounds for time of: 12 Shuttle runs 16 Wall Ball Shots 8 Pull-Ups	Complete as many reps as possible in 6 minutes of: Row 1000 Meters Burpees x Max Reps				
26 dec	<b>Annandag jul</b> <i>Vila!</i>	<b>WOD</b> Take 12-15 minutes and build to a heavy, but not necessarily 3-RM Deadlift  In teams of 2, alternate rounds and complete 7 rounds each of: 5 Deadlifts* 5 Chest-to-Bar Pull-Ups  *Load with approximately 65-70% of today's heavy triple from part A.	<b>WOD</b> 4 sets of: Push Press x 3-5 reps Rest 90 sec Weighted Supinated-Grip Pull-Ups x 3-5 reps @2110 Rest 90 sec  For time: 10 Wall Ball Shots 1 Ring Dip 9 Wall Ball Shots 2 Ring Dips 8 Wall Ball Shots 3 Ring Dips ... 1 Wall Ball Shot 10 Ring Dips	<b>WOD</b> 5 sets of: Bent-Over Barbell Row x 6-8 reps @21X0, rest 45 sec Wall Climbs x 2-4 reps, rest 90 sec  Against a 2-minute running clock, complete as many reps as possible of: 3 Hang Cleans 6 Shoulder to Overhead 9 Front Squats Burpees x Max Reps  Rest 2 minutes between sets, and complete a total of 5 sets.	<b>WOD</b> Every 2 minutes, for 12 minutes (6 sets): Overhead Squat x 2-4 reps  Complete as many rounds and reps as possible in 10 minutes of: 10 Pull-Ups 5 Snatches 10 Box Jump Overs	<b>NyårsaftonsWOD</b>	52
2 jan	Every 2 minutes, for 20 minutes (5 sets of each): Station 1 – Power Clean x 1.1.1.1 (rest 10 seconds between singles) Station 2 – Weighted Pull-Ups x 2-3 reps @21X0  3 rounds for time of: 10 Power Cleans 10 Burpee Box Jumps	Every 2 minutes, for 20 minutes (5 sets of each): Station 1 – Shoulder Press x 3-5 reps @20X1 (if you make 5 reps, increase the load until you establish a strong 3-RM) Station 2 – Single-Arm Dumbbell Row x 6-8 reps each arm @20X1  Complete as many rounds and reps as possible in 8 minutes of: 10 Thrusters 8 Toes to Bar 50 Double-Unders	Every 3 minutes, for 15 minutes (5 sets): 20 Dumbbell Walking Lunges (heavy) 20/15 Ring Dips  2&2, alternating after full rounds, complete 10 rounds total (5 rounds each) for time of: 20 Kettlebell Swings 15 Wall Ball Shots	<b>Trettondedagsafton</b> EMOM x 15 min: Min 1: 2 Turkish Get-Ups (keep the movement slow and controlled, focus on positioning) Min 2: 6 Goblet Squats @3011 Min 3: 8-12 Tempo Pushups @11X1  (160105) 5 rounds for time: 10 Goblet Squats 15 Kettlebell Swings 8 Shuttle runs	<b>Trettondedag jul</b> <i>Vila!</i>	<b>TeamWOD</b> (150103) 2&2: 5 Rounds for time: 30 Shuttleruns w. med.ball 9/6kg 30 Wall ball shots 9/6kg 30 Box jumps 60/40cm  Then: 30 Thrusters 40/25kg	