

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	
30 jan	<p>AMRAP x 4 min: "Fran" 21-15-9 Thrusters (95/65#) Pull-Ups Rest 4 min</p> <p>AMRAP x 4 min: "Diane" 21-15-9 Deadlifts (225/155#) Handstand Push-Ups Rest 4 min</p> <p>AMRAP x 4 min: "Grace" 30 Clean & Jerks (135/95#)</p> <p>Team WOD (150124)</p> <p>In teams of 2, with only one person working at a time, complete: 100 Burpees 200 Kettlebell Swings 300 Air Squats 50 Shuttle Runs* 300 Air Squats 200 Kettlebell Swings 100 Burpees</p> <p>Both teammates will run at the same time, but the first partner to complete the run cannot start the squats until their teammate is finished.</p>	<p><i>Every 2 minutes, for 12 minutes: Minutes 1-2 & 7-8: Supinated-Grip Strict Pull-Ups x 3-8 reps Minutes 3-4 & 9-10: L-Sit Hold x 30 seconds accumulated time Minutes 5-6 & 11-12: Handstand Walk x 10 meters OR 45-60 second Handstand Hold</i></p> <p>4 rounds for time of: 7 Snatches 14 Toes to Bar 28 Mountain climbers</p> <p>WOD Green</p> <p>30 min teknikträning i gymnastik, styrka, mm.</p> <p>Kondition: 4 rounds for time of: 7 Power Snatches 14 Sit-Ups 28 Mountain climbers</p>	<p><i>Every 3 minutes, for 15 minutes (5 sets) of: Front Squat x 2 reps</i></p> <p>AMRAP x 15 min: 60 Double-Unders 30 Wall ball shots 15 Deadlifts</p>	<p>CFG Open 14.5 For time: 21-18-15-12-9-6-3 reps: Thrusters 45/30 kg Burpees</p> <p>WOD Green</p> <p>30 min teknikträning i gymnastik, styrka, mm.</p> <p>Kondition: 5 Rounds for time: 10 Thrusters 10 Burpees</p>	<p>In teams of 3, with only one partner working at a time, complete 3 rounds each of: Row 250 Meters 4 Front Squats (heavy – from the ground)</p> <p>followed immediately by...</p> <p>In teams of 3, with only one partner working at a time, complete 3 rounds each of: Row 250 Meters 8 Thrusters (heavy)</p>	<p>Team WOD</p> <p>In teams of 2, complete: 100 Pull-Ups 30 längder Farmer's Carry (heavy, swap weights as often as needed) 100 Wall Ball Shots 30 längder Farmer's Carry 100 Burpee Box Jump-Overs 30 längder Farmer's Carry</p> <p>Partition the reps however you would like.</p>	5
6 feb	<p><i>Every 2 minutes, for 12 minutes (2 sets of each): Station 1 – Rope Climb x 1-2 ascents Station 2 – Strict Handstand Push-Ups x max unbroken reps Station 3 – Alternating Pistols x 20 reps</i></p> <p>AMRAP x 15 min: 10 Kettlebell Swings (heavy) 10 Ring Dips 15 Wall Ball Shots</p> <p>TeamWOD (140421)</p> <p>2&2 For time: 50-40-30-20-10 reps of: Wall ball shots 9/6 kg Power cleans 60/45 kg</p>	<p><i>Every 2 minutes, for 10 minutes (5 sets) of: Push Press x 2-3 reps</i></p> <p>In teams of 2, alternate sets to complete 8 each of: 5 Ground to Overhead 5 Box Jump Overs 50 Double-Unders</p> <p>Choose a weight that is challenging!</p> <p>WOD Green</p> <p>30 min teknikträning i gymnastik, styrka, mm.</p> <p>Kondition: In teams of 2, alternate sets to complete 8 each of: 5 Power Clean</p>	<p><i>Every 2 minutes, for 6 minutes (3 sets) of: Back Squat x 5 reps @80+% of your 1-RM</i></p> <p>Against a 5 minute running clock, complete: 30 Shuttle runs 50 Kettlebell Swings (24/16 kg) Pull-Ups x Max reps</p> <p>Rest 3 minutes between sets, and complete a total of 3 sets.</p>	<p><i>Take 20 minutes to build to today's 1-RM Clean & Jerk</i></p> <p>CFG Open 15.1 (AMRAP – Rounds and Reps) AMRAP x 9 min: 15 Toes To Bar 10 Deadlifts 52/34 kg 5 Snatches 52/34 kg</p> <p>CFG Open 2015 15.1 Scaled (AMRAP – Rounds and Reps) AMRAP x 9 min: 15 Hanging knee raises 10 Deadlifts 38/25 kg 5 Snatches* 38/25 kg (*ground-to-overhead allowed)</p>	<p>For time: 30 Overhead Squats 100 Double-Unders 30 Burpees Over the Barbell 100 Double-Unders 30 Shoulder to Overhead 100 Double-Unders</p> <p>Optional Finisher – For time: 500 m Row</p>	<p>TeamWOD</p> <p>2&2, with only one partner working at a time, AMRAP x 40 min: 100 Kettlebell Swings 100 Burpee Box Jump Overs 100 Wall Ball Shots</p>	6

		5 Box Jump Overs 50 Single-Unders		CFG Open 15.1a (Weight) 1RM C&J 6-minute time cap <i>As soon as the clock reaches 9 minutes and Workout 15.1 is complete, Workout 15.1a will begin with the same running clock. The athlete will have from 9:00 to 15:00 to complete Workout 15.1a.</i> WOD Green 30 min teknikträning i gymnastik, styrka, mm. Kondition: AMRAP x 12 min: 8 Shuttle runs 10 Kettlebell Swings 12 Goblet Squats			
13 feb	4 sets of: <i>Deadlift x 4-6 reps</i> <i>Rest 2 minutes</i> For time: Row 250 Meters Then: 2 rounds of: 100 Double-Unders 50 Air squats 25 Kettlebell swings Team WOD Team 2&2 12 st 3 min intervaller (6/person) AMRAP x 3 min: 10 Front squats (heavy) 10 Box jumps Max reps Wall ball shots	<i>Take 10-15 minutes to work with your coach on any gymnastics skills you've been working to master – rope climbs, muscle-ups, pistols, etc....</i> “Cindy” AMRAP x 20 min: 5 Pull-Ups 10 Push-Ups 15 Air Squats WOD Green 30 min teknikträning i gymnastik, styrka, mm. Kondition: “Cindy” AMRAP x 20 min: 5 Pull-Ups 10 Push-Ups 15 Air Squats	<i>Every 60 seconds, for 10 minutes (10 sets):</i> <i>Power Clean x 2 reps</i> <i>Build to today's heavy-ish double.</i> For time: 30 Hang Squat Cleans 30 Push-Ups 30 Thrusters 30 Box Jumps Overs 30 Overhead Squats	CFG Open 15.2 (AMRAP – Reps) Every 3 minutes for as long as possible complete: From 0:00-3:00 2 rounds of: 10 overhead squats 43/29 kg 10 chest-to-bar pull-ups From 3:00-6:00 2 rounds of: 12 overhead squats 43/29 kg 12 chest-to-bar pull-ups From 6:00-9:00 2 rounds of: 14 overhead squats 43/29 kg 14 chest-to-bar pull-ups Etc., following same pattern until you fail to complete both rounds CFG Open 15.2 Scaled (AMRAP – Reps) Every 3 minutes for as long as possible complete: From 0:00-3:00 2 rounds of: 6 overhead squats 29/20 kg 6 chin-over-bar pull-ups From 3:00-6:00 2 rounds of:	7 rounds for time: 9 Power Snatch 15 Wall ball shots 21 Double-unders	Team WOD Team McGhee 2&2 AMRAP x 30 min: 5 Deadlift (125/85) 13 Push-Ups 9 Box jumps (24/20) Alternate full rounds	7

				<p>8 overhead squats 29/20 kg 8 chin-over-bar pull-ups</p> <p>From 6:00-9:00 2 rounds of: 10 overhead squats 29/20 kg 10 chin-over-bar pull-ups</p> <p>Etc., following same pattern until you fail to complete both rounds</p> <p>WOD Green</p> <p>30 min teknikträning i gymnastik, styrka, mm.</p> <p>Kondition: AMRAP x 12 min: 8 Overhead Squat 8 Burpees over bar</p>			
20 feb	<p><i>Take 12-15 minutes to work on... Snatch Technique – work up to a reasonably heavy weight that you can handle with proper technique</i></p> <p>5 rounds for time: 3 Power Snatches (heavy) 12 Pull-Ups</p> <p>Note time and weight used.</p> <p>Team WOD</p> <p>2&2, alternating each movement, complete 16 rounds of: 10 Thrusters 10 Burpees over barbell 15 Kettlebell Swings</p> <p>(Partner A performs 10 thrusters; Partner B performs 10 burpees over bar; Partner A performs kettlebell swings; Partner B performs 10 thrusters; etc....</p>	<p><i>Every 2 minutes, for 10 minutes (5 sets): 20 Walking Lunges (32/24 kg KBs in each hand)</i></p> <p>For time: 30 Clean & jerk</p> <p>EMOM do 5 burpees!</p> <p>WOD Green</p> <p>30 min teknikträning i gymnastik, styrka, mm.</p> <p>Kondition: For time: 5 Rounds for time: 5 Clean & jerk 10 Burpees</p>	<p><i>Take 15-20 minutes to work up a heavy single Deadlift.</i></p> <p>4 rounds for time of: 30 Kettlebell Swings 20 Goblet Squats 15 Push-Ups</p>	<p>CFG Open 15.3 (AMRAP – Rounds and Reps)</p> <p>Complete as many rounds and reps as possible in 14 minutes of: 7 muscle-ups 50 wall-ball shots 9/6 kg 100 double-unders</p> <p>CFG Open 15.3 Scaled (AMRAP – Rounds and Reps)</p> <p>Complete as many rounds and reps as possible in 14 minutes of: 50 wall-ball shots 9/6 kg 200 single-unders</p> <p>WOD Green</p> <p>30 min teknikträning i gymnastik, styrka, mm.</p> <p>Kondition: AMRAP x 14 min: 15 Wall ball shots 30 Single-Unders</p>	<p>5 Rounds for time: 10 Squat Cleans 10 Bar-Facing Burpees</p>	<p>Team WOD</p> <p>2&2 AMRAP x 30 min: 10 Power cleans (A) 30 Double-Unders (B) 40 Mountainclimbers (A)</p> <p>(Only one person working at a time.)</p>	8
27 feb	<p>“The Chief”</p> <p>Max rounds in 3 minutes of: 3 Power Cleans (135/95 lbs) 6 Push-Ups 9 Air Squats</p> <p>Rest 60 seconds between sets, and repeat for a total of 5 sets. Pick up each set where you left off the previous set – it’ll make tracking your results much easier.</p>	<p><i>4 sets of: Split Stance Romanian Deadlift x 6-8 reps each leg @4011 Rest 60 seconds</i></p> <p>5 sets of: 15 Russian Kettlebell Swings 10 Box Jumps or Step-Ups Rest 60 seconds between sets</p> <p>Swing a “heavy” kettlebell, and jump to a “tall” box. Challenge yourself. These are designed to be short,</p>	<p>7 rounds for time of: 5 Thrusters (heavy) 10 Pull-Ups</p> <p><i>4 sets of: Back Squat x 8 reps @3011 Rest 60 seconds Supinated-Grip Strict Pull-Ups x 8 reps @21X0 (add weight if you can easily achieve 8 reps) Rest 60 seconds</i></p>	<p>CFG Open 15.4</p> <p>Complete as many reps as possible in 8 minutes of: 3 handstand push-ups 3 cleans 84/56 kg 6 handstand push-ups 3 cleans 9 handstand push-ups 3 cleans 12 handstand push-ups 6 cleans 15 handstand push-ups 6 cleans</p>	<p>AMRAP x 3: 21 Deadlifts 21 Burpees over barbell Max rep Air Squats in time remaining Rest 3:00 AMRAP x 3: 18 Deadlifts (heavier) 18 Burpees over barbell Max rep Air Squats in time remaining Rest 3:00 AMRAP x 3: 15 Deadlifts (heavier) 15 Burpees over barbell</p>	<p>Team WOD</p> <p>2&2 in 10 min: Cash in: 50 Shuttle runs (båda tillsammans) Then: Max reps Wall ball shots</p> <p>2&2 in 10 min: Cash in: 50 Shuttle runs (båda tillsammans) Then: Max reps Burpee box jumps</p>	9

	<p>Team WOD (160319) 2&2 for time: 100 KBS (heavy) 50 Mountainclimbers (25/leg)* 100 Thrusters 60 Mountainclimbers (30/leg) 100 Burpees 70 Mountainclimbers (35/leg) 100 Thrusters 80 Mountainclimbers (40/leg) 100 KBS</p> <p>*Both athletes perform the mountainclimbers at the same time.</p>	<p>intense intervals with incomplete rest.</p> <p>WOD Green 30 min teknikträning i gymnastik, styrka, mm.</p> <p>Kondition: 5 sets of: 15 Russian Kettlebell Swings 10 Box Jumps or Step-Ups Rest 60 seconds between sets</p>		<p>18 handstand push-ups 6 cleans 21 handstand push-ups 9 cleans Etc., adding 3 reps to the handstand push-up each round, and 3 reps to the clean every 3 rounds.</p> <p>CFG Open 15.4 Scaled (AMRAP – Rounds and Reps) Complete as many rounds and reps as possible in 8 minutes of: 10 push presses 43/29 kg 10 cleans 43/29 kg</p> <p>WOD Green 30 min teknikträning i gymnastik, styrka, mm.</p> <p>Kondition: AMRAP x 8 min: 8 Power cleans 8 Push presses</p>	<p>Max rep Air Squats in time remaining Rest 3:00 AMRAP x 3: 12 Deadlifts (heavier) 12 Burpees over barbell Max rep Air Squats in time remaining</p>	<p>2&2 in 10 min: Cash in: 50 Shuttle runs (båda tillsammans) Then: Max reps Goblet squats Rest 5 min between rounds</p>	
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