

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	
31 juli	<p>4 sets of: Deadlift x 3-5 reps Rest 2-3 minutes</p> <p>160819</p> <p>4 rounds for time: 12 Deadlifts 12 Burpees 12 Kettlebell Swings 12 Wall Ball Shots</p>	<p>5 sets of: Single-Arm Dumbbell/Kettlebell Row x 6-8 reps @2111 Rest 90 seconds</p> <p>"Running Jackie"</p> <p>For time: Run 1000 m 50 Thrusters 30 Pull-Ups</p>	<p>4 sets of: Front Squat x 3-5 reps @30X1 Rest 20 seconds Strict Pull-ups x Max unbroken reps Rest 3 minutes</p> <p>AMRAP x 15 minutes of: 10 Power Cleans 15 Burpees</p>	<p>5 sets of: Snatch x 1.1.1 (rest 5-7 seconds between singles) Rest 2 minutes</p> <p>5 rounds for time of: 10 Hang Squat Snatches 20 Box Jump-Overs</p>	<p>5 sets of: Dumbbell/Kettlebell Shoulder Press x 4-6 reps @2011 Rest 90 seconds</p> <p>AMRAP x 4 minutes of: 10 Push Presses 10 Pull-Ups Rest 4 minutes, and then . . .</p> <p>AMRAP x 4 minutes of: 10 Kettlebell Swings (heavy) 10 Hand-Release Push-Ups</p>	<p>TeamWOD</p> <p>In teams of 2, with only one teammate working at a time, complete the following as quickly as possible: 1600 m Run 100 Pull-ups 100 Push-ups 400 Air Squats 1600 m Run</p> <p>(The above tasks are totals for the team of two. Partition reps as you see fit, but only one partner can be working at any given time.)</p>	31
7 aug	<p>"Daniel"</p> <p>For Time: 50 Pull-ups 400 m Run 21 Thrusters 800 m Run 21 Thrusters 400 m Run 50 Pull-Ups</p>	<p>4 sets of: Bulgarian Split Squat x 6-8 reps each leg @30X0 Rest 60 seconds Plank Hold x 60 seconds Rest 60 seconds</p> <p>"Black and Blue"</p> <p>5 Rounds for time: 10 Power Cleans 10 Burpees</p>	<p>4 sets of: Push Press x 3-5 reps Rest 90 seconds Weighted Supinated-Grip Pull-Ups x 3-5 reps @2110 Rest 90 seconds</p> <p>For time: 20 Wall Ball Shots 2 Push-Ups 18 Wall Ball Shots 4 Push-Ups 16 Wall Ball Shots 6 Push-Ups 14 Wall Ball Shots 8 Push-Ups ... 2 Wall Ball Shots 20 Push-Ups</p>	<p>Take 15-20 minutes and build to a heavy, but not necessarily 3-RM Deadlift If you lose positioning or mechanics, your set is over.</p> <p>15, 12 and 9 reps for time of: Deadlift (1.25 x bodyweight for males/bodyweight for females) Pull-Ups 400 m Run</p>	<p>Take 15-20 minutes to cycle through and practice various gymnastics elements that you need to work on – examples . . . Pistol Progressions x 4-6 reps each leg, Handstand Holds or Walks (freestanding or supported) x 60-90 seconds, L-Sits x 30-60 seconds, L-Pull-Ups, etc...</p> <p>Against a 2-minute running clock, complete: 3 Hang Cleans 6 Shoulder to Overhead 9 Front Squats Max Reps of Burpees</p> <p>Rest 2 minutes between sets, and complete a total of 6 sets.</p>	<p>TeamWOD</p> <p>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 minutes of: 10 Push-Ups 10 Kettlebell Swings 15 Air Squats 200 m Run (together)</p>	32
14 aug	<p>4 sets of: Power Clean x 1.1.1.1 (rest 10 seconds between singles) Rest 2 minutes</p> <p>2 Rounds for max reps/calories: 2 Minutes of Assault Bike (for calories) Rest 2 Minutes 2 Minutes of Burpee Box Jump-Overs Rest 2 minutes 2 Minutes of Rowing (for calories) Rest 2 minutes 2 Minutes of Kettlebell Swings Rest 2 minutes</p>	<p>6 sets of: Deadlift x 4-6 reps @21X1 Rest 2 minutes</p> <p>5 rounds for time of: Run 400 m 20 Wall Ball Shots</p>	<p>5 sets of: Shoulder Press x 3-5 reps @20X1 Rest 90 seconds Strict Toes to Bar x 6-10 reps @2110 Rest 90 seconds</p> <p>AMRAP x 12 minutes of: 12 Pull-Ups 12 Thrusters 30 Double-Unders</p>	<p>4 sets of: Dumbbell Walking Lunges x 20 steps @1010 Rest 90 seconds</p> <p>AMRAP x 15 minutes of: 5 Power Cleans 10 Strict Handstand Push-Ups</p>	<p>160810</p> <p>2&2 for time: 400 m Run (both partners run together) ----- 3 Rounds: 30 Wall Ball Shots 30 Toes To Bar 20 Push-Ups 20 Box Jumps 10 Front Squats 10 Muscle-ups/12 C2B Pull-Ups/14 Pull-Ups ----- 400 m Run (both partners run together)</p>	<p>Summer Games 2017</p>	33
21 aug	<p>Deadlift Set 1 – 3 reps Set 2 – 2 reps Set 3 – 1 rep Set 4 – 3 reps Set 5 – 2 reps Set 6 – 1 rep Rest 3-4 minutes between sets</p>	<p>4 sets of: Push Press x 3-5 reps Rest 2 minutes</p> <p>160825</p> <p>For time: 75 Double Unders 50 Wall Ball Shots 25 Toes To Bar</p>	<p>8 sets of: Back Squat x 2-3 reps @30X1 Rest 2 minutes (These sets should all be heavy. Use rest time to stretch and mobilize your upper body.)</p> <p>AMRAP x 6 minutes of: 3 Thrusters</p>	<p>5 sets of: Hang Snatch + Snatch Rest 20 seconds Tall Box Jumps x 1.1.1.1.1 (rest 5 seconds between jumps) Rest 2 minutes</p> <p>4 rounds for time of:</p>	<p>150811</p> <p>5 rounds: AMRAP x 4 min: 3 Power Cleans 6 Lateral Burpees Rest 90 sec between rounds</p>	<p>TeamWOD</p> <p>In teams of 2, alternate rounds to complete 10 rounds each for time of: 3 Front Squats (heavy, and taken from the floor) 6 Burpees Over the Barbell 12 Kettlebell Swings (heavy)</p>	34

	Every minute, on the minute, for 10 minutes: 3 Deadlifts @ 80-85% of today's heavy single 6 Burpees Over the Barbell	50 Wall Ball Shots 75 Double Unders	6 Pull-Ups 12 Kettlebell Swings (heavy)	400 m Run 15 Overhead Squats	(You will resume the next round where you left off. Score is total rounds and reps)		
28 aug	<p>3 sets of: Front Squat x 4-6 reps @41X1 Rest 45 sec</p> <p>5 rounds for time of: 15 Wall Ball Shots 15 Pull-Ups</p> <p>TeamWOD 151024</p> <p>2&2, with only one partner working at a time, complete: 100 Burpees 100 Ground to Overhead 100 Box Jump Overs</p> <p>Teammates may partition reps however they'd like, but the non-working partner must be in the designated resting position in order for the reps to count: Burpees – Barbell extended overhead Ground to Overhead – Hanging from a Pullup Bar Box Jump Overs – Plank from Elbows</p>	<p>5 sets of: Shoulder Press x 4-6 reps @20X1 Rest 2-3 minutes</p> <p>AMRAP x 9 minutes of: 6 Ground to Overhead 12 Toes to Bar</p> <p>WOD Green</p> <p>AMRAP x 9 minutes of: 6 Ground to Overhead 12 Toes to Bar</p>	<p>5 sets of: 3-Position Clean (high hang, hang, then 2" Below the Knee – pause 2 seconds in each position before you clean the weight) Rest 2-3 min</p> <p>3 rounds for time of: 400 m Run 40/30 Push-Ups 40 Air Squats</p>	<p>Deadlift</p> <p>* Set 1 – 50% of possible 3-RM x 5 reps * Set 2 – 75% of possible 3-RM x 3 reps * Set 3 – 85% of possible 3-RM x 2 reps * Set 4 – 90-95% of possible 3-RM x 1 rep</p> <p>* Set 5 – Test 3-RM * Set 6 (optional) – Exceed Set 5 weight for 3-RM</p> <p>Rest exactly 3 minutes between lifts Perform these with PERFECT posture and mechanics.</p> <p>"Lucky Sevens" AMRAP x 7 minutes of: 7 Box Jumps 7 Burpees 7 Kettlebell Swings</p> <p>WOD Green</p> <p>"Lucky Sevens" AMRAP x 7 minutes of: 7 Box Jumps 7 Burpees 7 Kettlebell Swings</p>	<p>4 sets of: Bulgarian Split Squat x 4-6 reps @ 41X1 Rest 3 minutes</p> <p>Go heavy on these!</p> <p>3 rounds for time of: 400 m Run 50 Double-Unders 15 Overhead Squats</p>	<p>TeamWOD</p> <p>"Team Baseline from hell" 2&2, 5 Rounds for time: 800 m Run 20 Pull-Ups 40 Pus-Ups 60 Sit-Ups 80 Air squats</p> <p>Rest 3 min between rounds</p>	35