

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	
4 sep	<p>Take 15 minutes to build to a heavy-ish Clean</p> <p>3 rounds for time of: Run 400 m 8 Front Squats (heavy)</p> <p>Barbell originates from the ground – no racks.</p> <p><b>Team WOD</b> <b>160910</b></p> <p>2&amp;2, with only one partner working at a time, complete the following for time: 1600 m Relay Run (alternating 400 m) immediately followed by... 12 rounds (partners alternating full rounds) of... 5 Pull-Ups 10 Push-Ups 15 Air Squats immediately followed by... 1600 m Relay Run (alternating 400 m) immediately followed by... 12 rounds (partners alternating full rounds) of... 5 Pull-Ups 10 Push-Ups 15 Air Squats immediately followed by... 1600 m Relay Run (alternating 400 m)</p>	<p>Every 3 min, for 15 min (5 sets): Snatch Balance + 3 Overhead Squats Build to a heavy combo!</p> <p>AMRAP x 9 minutes of: 3 Power Snatches 6 Overhead Squats 9 Burpees Over the Barbell</p> <p><b>WOD Green</b></p> <p>AMRAP x 9 minutes of: 3 Power Cleans 6 Front Squats 9 Burpees Over the Barbell</p>	<p>A.AMRAP x 8 minutes of: Row 350/250 meters 10 Front-Racked Alternating Reverse Lunges</p> <p>Rest 4 minutes, and then...</p> <p>B.AMRAP x 8 minutes of: 5 Strict Supinated-Grip Pull-Ups 10 Box Jump-Overs</p> <p>Rest 4 minutes, and then...</p> <p>C.AMRAP x 8 minutes of: 12/8 Calories of Assault Bike 12 Push-Ups</p> <p><b>Chippa med Chi</b></p>	<p>8 sets of: Shoulder Press @20X1 Rest 60-90 sec between each set.</p> <p>*Set 1 – 5 Reps *Set 2 – 3 Reps *Set 3 – 3 Reps *Set 4 – 2 Reps *Set 5 – 2 Reps *Set 6 – 1 Rep *Set 7 – 1 Rep *Set 8 – 1 Rep</p> <p>4 rounds for time of: 40 Double-Unders 20 Wall Ball Shots 10 Toes to Bar</p> <p><b>WOD Green</b></p> <p>4 rounds for time of: 60 Single-Unders 15 Wall Ball Shots 10 Knees to elbows</p>	<p>4 sets of: Back Squat x 6-8 reps @30X1 Rest 1-2 minutes</p> <p><b>“Little Bear”</b></p> <p>3 sets for max weight of: Barbell Complex x 5 reps Rest 2 minutes between sets</p> <p><i>The Barbell Complex:</i> <i>Power Clean</i> <i>Front Squat</i> <i>Shoulder to Overhead</i> <i>Back Squat</i> <i>Shoulder to Overhead</i></p>	<p><b>Team WOD</b> <b>160903</b></p> <p>2&amp;2, 4 rounds for time: 800 m Run 50 Wall Ball Shots 6 alt Wallclimbs 30 Thrusters</p> <p>Athlete 1 runs the 800 m while athlete 2 does 50 wall ball shots. When both are completed move to the wall climbs where you alternate reps. Once these are completed move to the thrusters where you can split the reps however you want. Once round is completed the athlete who ran first is now completing the wall ball while the other runs.</p>	36
11 sep	<p>Against a 3-minute running clock, complete as many rounds and reps as possible of: 20 Pull-Ups 30 Push-Ups 40 Sit-Ups 50 Air Squats</p> <p>At the conclusion of 3 minutes, you will rest for exactly 3 minutes before repeating for a total of 5 three-minute sets. You will begin your next set where you finished the previous set.</p> <p><b>Team WOD</b> <b>151010</b></p> <p>In teams of 3, complete 5 rounds each for time of: Run 400 m 25 Goblet Squats 5 Wall Climbs</p>	<p>5 rounds for time of: 400 m Run 7 Power Cleans 14 Front Squats</p> <p><b>WOD Green</b></p> <p>5 rounds for time of: 400 m Run 5 Power Cleans 10 Front Squats</p>	<p>Take 15 minutes to find today's heavy 1 rep Push Press</p> <p>For time: Run 1200 m</p> <p><i>immediately followed by...</i></p> <p>3 sets of: 10 Push Presses 15 Box Jumps</p> <p><i>immediately followed by...</i></p> <p>40 Toes to Bar</p> <p><b>Chippa med Chi</b></p>	<p>Deadlift x 15 reps Rest 20 seconds Ring Push-Ups x Max reps Rest 2 minutes</p> <p>Deadlift x 10 reps Rest 20 seconds Ring Push-Ups x Max reps Rest 2 minutes</p> <p>Deadlift x 5 reps Rest 20 seconds Ring Push-Ups x Max reps</p> <p>Post loads used and reps achieved.</p> <p>3 rounds for time of: 400 m Run 15 Pull-Ups 20 Walking Lunges with Kettlebells or Dumbbells</p>	<p>Every 4 minutes, for a total of 6 sets, complete: 35/25 Calories of Assault Bike or Rowing 10 Overhead Squats</p>	<p><b>Team WOD</b></p> <p>In teams of 2, complete as many rounds as possible in 20 minutes of: 3 Power Cleans 6 Burpee Box Jump-Overs</p> <p>Rest EXACTLY 5 minutes, and then:</p> <p>In teams of 2, complete as many rounds as possible in 20 minutes of: 10 Pull-Ups 20 Kettlebell Swings</p> <p>For both the A and B portion, team members will cycle through full rounds one at a time, with only one member working at any one time.</p>	37

	Each team member will start at a different station and may not rotate to the next station until all team members have completed their reps/run. Use as much weight as possible on the squats, but aim to finish in 90-120 seconds.			WOD Green 3 rounds for time of: 400 m Run 15 Kettlebell swings 20 Walking Lunges with Kettlebells or Dumbbells			
18 sep	<p>4 sets of: Front Squat x 5-6 reps @30X1 Rest 90 seconds</p> <p>Against a 3-minute running clock... Run 400 Meters Ground to Overhead x Max reps Rest 3 minutes</p> <p>In teams of 2, partners alternate 3-minute sets until they each complete 30 reps of Ground to Overhead.</p> <p>Team WOD Double-Morrison 2&amp;2 for time: 100-80-60-40-20 reps: Wall ball shots 9/6 kg Box jumps 60/50 cm Kettlebell Swings 24/20 kg</p>	<p>“Walking Dead” AMRAP x 20 minutes: 50 Double-Unders/75 Single-Unders 30 Walking Lunge steps 15 Deadlifts</p> <p>WOD Green “Walking Dead” AMRAP x 16 minutes: 50 Double-Unders/75 Single-Unders 20 Walking Lunge steps 8 Deadlifts</p>	<p>Take 15 minutes and find today’s heavy 1 rep Clean and Jerk.</p> <p>For time: 400 m Run 50 Kettlebell Swings 150 Air Squats 400 m Run</p> <p>Chippa med Chi</p>	<p>4 sets of: Turkish Get-Ups x 3 reps each arm Rest 90 seconds</p> <p>Every minute, on the minute, for 12 minutes: 8 Alternating Kettlebell Snatches Double-Unders x Max Reps (Score total number of double-unders performed.)</p> <p>WOD Green Every minute, on the minute, for 12 minutes: 6 Alternating Kettlebell Snatches Single-Unders x Max Reps (Score total number of Single-unders performed.)</p>	<p>4 sets of: Deadlift x 5 reps Rest 60 seconds</p> <p>For time: 10 Strict Handstand Push-Ups 20 Thrusters 30 Kettlebell Swings (heavy) 40/30 Calories of Assault Bike or Rowing 30 Kettlebell Swings 20 Thrusters 10 Strict Handstand Push-Ups</p>	<p>Team WOD 150926 2&amp;2 AMRAP x 30 min: 6 Thrusters 8 Pull-Ups 10 Box Jumps</p> <p>One athlete works on the triplet at a time while the second athlete completes a 400 m run with a medicineball.</p> <p>Once the run is done, the athletes switch roles and continues the AMRAP <u>where with first athlete left off.</u></p>	38
25 sep	<p>Every 6 minutes, for 30 minutes (5 sets) for times: 400 m Run 25 Wall Ball Shots</p> <p>Modify the weight of the ball or the reps of the wall ball shots to ensure that you complete each set within 4 minutes.</p> <p>Team WOD 140802 2&amp;2 AMRAP x 30 min: 50 Wall Ball shots 9/6kg 40 KBS 24/16kg 30 Situps 400 m Run (200 m each) One athlete works at a time.</p>	<p>4 sets of: Shoulder Press x 4-6 reps @20X1 Rest 90 seconds</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 150916 Green 2 rounds of: AMRAP x 6 min: 10 Burpees 6 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>Every 2 minutes, for 12 minutes (6 sets): Hang Snatch + Snatch</p> <p>Build from 65-70% to today’s heavy complex.</p> <p>5 rounds for time of: 10 Hang Power Snatches 30 Double-Unders/45 Single-Unders</p> <p>Chippa med Chi</p>	<p>5 sets of: Back Squat x 2-4 reps Rest 1-2 minutes</p> <p>5 rounds for time of: 20 Walking Lunges with Dumbbells or Kettlebells 15 Toes to Bar</p> <p>WOD Green 5 rounds for time of: 20 Walking Lunges with Dumbbells or Kettlebells 10 Toes to Bar/12 Knees to arms</p>	<p>4 sets of: Single-Arm Dumbbell/Kettlebell Press x 4-6 reps each arm Rest 90 seconds</p> <p>5 rounds for time of: 400 m Run 30 Kettlebell Swings 20 Push-Ups</p>	<p>Team WOD 141206 2&amp;2 for time: 40 Burpees 100 Wall ball shots 9/6 kg 40 Burpees 100 Walking lunges 40 Burpees 100 Kettlebell Swings 24/16 kg 40 Burpees 100 Push-Ups 40 Burpees</p>	39