

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	
27 nov	<p>4 sets of: Shoulder Press x 5 reps Rest 90 sec Toes to Bar x 10 reps (use this as a skill session and try to establish good rhythm) Rest 90 sec</p> <p>“Fran” Rounds of 21, 15, and 9 reps of: Thrusters (95/65 lbs) Pull-Ups</p> <p>Team WOD 161119 In teams of 2, complete following for time: Buy-in: 100 Bar Facing Burpees</p> <p>Then 5 rounds of: 40 Wall Ball Shots 40 Abmat Sit-Ups 40 Push Press 40 Kettlebell swings</p> <p>Cash-out: 200 Double-unders/300 Single-unders</p>	<p>4 sets of: Back Squat x 4-6 reps Rest 3 min</p> <p>In teams of 2, partners alternate rounds to complete as many rounds and reps as possible in 10 minutes of: 10 Burpee Box Jump-Overs 10 (5/5) Single-Arm Dumbbell Snatches</p> <p>WOD Green In teams of 2, partners alternate rounds to complete as many rounds and reps as possible in 15 minutes of: 5 Burpee Box Jump-Overs 10 (5/5) Single-Arm Kettlebell Snatches</p>	<p>In teams of 3, complete 4 rounds each of: 300/250 m Row (rest station) 12 Thrusters (rest station) 12 Pull-Ups (rest station)</p> <p>Teammates will attack this in a pipeline fashion. Teammate A will start rowing, and once they are off, they will move to a rest station while Partner B begins rowing. Once Partner B finishes rowing, Partner A may begin Thrusters and Partner C begins rowing. Teams will follow this sequence until all teammates have completed 4 full rounds.</p> <p>Chippa med Chi</p>	<p>Take 20 min to build to today's 1-RM Clean & Jerk</p> <p>“The Chief” Against a 3-minute running clock, complete as many rounds and reps as possible of: 3 Power Cleans (135/95 lbs) 6 Push-Ups 9 Air Squats</p> <p>Repeat for a total of 5 sets, resting 60 sec between sets. Pick up each set where you left off when the last ended.</p> <p>WOD Green Green Chief (Time) 5 rounds of: AMRAP 3 min: 3 Power cleans 40/20 kg 6 Pushups 9 Air Squats (Rest 60 sec)</p> <p>Repeat for a total of 5 sets, resting 60 sec between sets. Pick up each set where you left off when the last ended.</p>	<p>4 sets of: Deadlift x 4-6 reps Rest 2 min Strict Handstand Push-Ups x Max Reps in 60 sec Rest 2 min</p> <p>AMRAP x 5 min 10 Push Press 15 Kettlebell Swings Rest 2 min, and then...</p> <p>AMRAP x 5 min 10 Toes to Bar 10 Box Jumps</p>	<p>Team WOD In teams of 3, complete 3 rounds each of: 350 m Row (rest station) 25 Thrusters (rest station) 15 Pull-Ups (rest station)</p> <p>Teammates will attack this in a pipeline fashion. Teammate A will start rowing, and once they are off, they will move to a rest station while Partner B begins rowing. Once Partner B finishes rowing, Partner A may begin Thrusters and Partner C begins rowing. Teams will follow this sequence until all teammates have completed 3 full rounds.</p>	48
4 dec	<p>4 sets of: Good mornings x 6-8 reps @3111 Rest 90 sec</p> <p>Every 2 minutes, for 12 minutes, complete: 15 Russian Kettlebell swings (heavy) 15 Box jumps</p> <p>Team WOD 5 sets of (partners alternating full rounds: AMRAP x 5 min: 3 Pull-Ups 6 Burpees 9 Kettlebell swings Rest 2 minutes between sets.</p>	<p>3 sets of: Bulgarian Split Squats x 4-6 reps each leg @30X1 Rest 90 sec Tempo Push-Ups x 10-12 reps @3111 Rest 90 sec</p> <p>4 rounds for time of: 24 Walking lunges 12 Goblet Squats 6 Strict Pull-Ups</p> <p>WOD Green 4 rounds for time of: 24 Walking lunges 12 Goblet Squats 6 Strict Pull-Ups</p>	<p>4 sets of: Single-Arm Dumbbell or Kettlebell Press x 4-6 reps @21X1 Rest 60 sec</p> <p>4 rounds for time of: 10 (5/5) Single-Arm Kettlebell Snatches 10 Push-Ups 30 Double-Unders/45 Single-Unders</p> <p>Chippa med Chi</p>	<p>Complete as many rounds and reps as possible in 20 minutes of: 2/2 Turkish Get-Up 10 Shuttle runs 20 AbMat Sit-Ups</p> <p>WOD Green Complete as many rounds and reps as possible in 20 minutes of: 2/2 Turkish Get-Up 10 Shuttle runs 20 AbMat Sit-Ups</p>	<p>4 sets of: Back Squat x 6-8 reps Rest 90 sec</p> <p>In teams of 2, alternate rounds, until you complete 10 rounds (5 each) for time of: 15 Wall Ball Shots 10 Toes to Bar 5 Burpee Box Jump-Overs</p>	<p>Team WOD 2&2: 5 rounds for time: 30 Shuttle runs w. medicinball 30 Wall ball shots 30 Box jumps</p> <p>Then: 20 Wall climbs</p>	49
11 dec	<p>5 sets of: Deadlift x 4-5 reps Rest 90 sec</p> <p>3 sets for times of: 10 Shuttle runs 10 Goblet squats</p>	<p>5 sets of: Dumbbell/Kettlebell Z-Press x 4 reps (build to today's 4-RM) Rest 2-3 minutes</p> <p>Complete as many rounds and reps as possible in 8 minutes of:</p>	<p>5 sets of: Hang Clean x 4-5 reps Rest 90 sec</p> <p>Complete as many rounds and reps as possible in 12 minutes of: 12 Kettlebell Swings</p>	<p>3 sets of: Front Squat x 5 reps (find today's 5-RM) Rest 2 min</p> <p>For time: 30 Double-Unders/45 Single-Unders</p>	<p>Take 15 minutes to build to today's 3-RM Barbell row</p> <p>Every 4 minutes, for 16 minutes (4 sets) for times: 30 Jumping lunges</p>	<p>Team WOD In teams of 2, complete as many rounds as possible in 30 minutes of: 20 Mountain climbers 20 Box Jumps 20 Wall Ball Shots</p>	50

	<p>10 Burpees Over the Kettlebell Rest 2 min</p> <p>Team WOD</p> <p>2&2 for time: 200 Walking lunges (alternating 20 steps) immediately followed by...</p> <p>20 rounds (partners alternating full rounds) of... 5 Pullups 10 Pushups 15 Air Squats</p> <p>immediately followed by... 200 Sit-Ups 50 Burpee over partner in plank</p>	<p>30 Double-Unders/45 Single-Unders 12 Push-Ups 20 Walking lunge steps</p> <p>WOD Green</p> <p>Complete as many rounds and reps as possible in 8 minutes of: 30 Double-Unders/45 Single-Unders 12 Push-Ups 20 Walking lunge steps</p>	<p>12 Wall Ball Shot 10 Single-Arm Kettlebell Push Presses (5 each arm)</p> <p>Chippa med Chi</p>	<p>20 Box Jump overs 10 Strict Pull-Ups 20 Box Jump overs 30 Double-Unders/45 Single-Unders</p> <p>WOD Green</p> <p>For time: 30 Double-Unders/45 Single-Unders 20 Box Jump overs 10 Strict Pull-Ups 20 Box Jump overs 30 Double-Unders/45 Single-Unders</p>	<p>8 Push Presses 10 Toes to Bar</p>	<p>Team members will alternate tasks, with only one member working at any one time.</p>	
18 dec	<p>Back Squats: *Set 1 – 3 reps @ 80% *Set 2 – 2 reps @ 85% *Set 3 – 1 rep @ 90% *Set 4 – 3 reps @ 85% *Set 5 – 2 reps @ 90% *Set 6 – 1 rep @ 95% Rest 2-3 minutes between sets and use the time to work shoulder mobility</p> <p>Complete as many rounds and reps as possible in 10 minutes of: 5 Strict Pull-Ups 10 Box Jumps 20 Sit-Ups</p> <p>Team WOD</p> <p>2&2, alternating after full rounds, complete 20 rounds total (10 rounds each) for time of: 15 Kettlebell swings 10 Wall Ball Shots</p>	<p>4 sets for times of: 6 Shuttle runs 20 Russian Kettlebell Swings 20 Wall Ball Shots Rest 4 min</p> <p>Note times for each set. Trust your fitness and push the intensity.</p> <p>WOD Green</p> <p>4 sets for times of: 6 Shuttle runs 15 Russian Kettlebell Swings 15 Wall Ball Shots Rest 4 min</p> <p>Note times for each set. Trust your fitness and push the intensity.</p>	<p>2&2, alternating tasks, complete rounds of 15, 12 and 9 reps for time of: Row for calories Commando-Push-Ups</p> <p>(Commando-Push-Ups: Armhävning med höger knä till höger armbåge + armhävning med vänster knä till vänster armbåge = 1 repetition)</p> <p>Every 2 minutes, for 12 minutes (3 sets of each): Station 1 – Dumbbell/Kettlebell Z-Press x 8 reps @2111 (keep elbows wide to the side of the body in line with shoulders and hips throughout the press and descent) Station 2 – Strict Toes to Bar x 8-10 reps @3110 (if you cannot perform with straight legs, try them from a tucked position)</p> <p>Chippa med Chi</p>	<p>5 sets of: Tempo Ring Dips x Max Reps @2111 (stick to the tempo – 2 second descent, pause for 1 second, back up to the top, then pause for a second before starting the next rep) Rest 2 min</p> <p>8 Rounds: :20 Seconds Goblet Squats :10 Seconds Rest :20 Seconds Double-Unders :10 Seconds Rest</p> <p>Athletes will alternate between the two for a total of 8 rounds, or 16 total intervals over the course of 8 minutes. Looking to choose a jump rope variation that a solid rhythm can be maintained</p> <p>WOD Green</p> <p>8 Rounds: :20 Seconds Goblet Squats :10 Seconds Rest :20 Seconds Single-Unders :10 Seconds Rest</p> <p>Athletes will alternate between the two for a total of 8 rounds, or 16 total intervals over the course of 8 minutes. Looking to choose a jump rope variation that a solid rhythm can be maintained</p>	<p>3 sets of: Dumbbell /Kettlebell Walking Lunges x 20 steps Rest 60 seconds Supinated Strict Pull-Ups x Max Reps Rest 60 seconds</p> <p>6 sets for max reps of: 30 Seconds of Kettlebell Thrusters (use one kettlebell) Rest 30 seconds 30 Seconds of Box Jump-Overs Rest 30 seconds</p>	<p>Team WOD</p> <p>In teams of two, complete as many rounds and reps as possible in 20 minutes of: 20 Shuttle runs 20 Medicinball Squat Cleans 20 Toes to Bar</p> <p>*Partners can divided up the running, cleans and toes to bar however they'd like, but only one partner works at a time.</p>	51

25 dec	<i>Juldagen!</i>	<i>Annandag jul!</i>	<p>In teams of 2, partners alternate whole sets to complete 10 sets each of:</p> <p>4 Shuttle runs 8 Wall Ball Shots 2 Wall climbs</p>	<p>5 sets of: Push Press x 3-5 reps Rest 2 minutes</p> <p>3 rounds for time of: 20 (10/10) Kettlebell Step-Ups 20 Fällknivar 40 Double-Unders/60 Single-Unders</p>	<p>For time: 40 Kettlebell Swings 20 Alternating Reverse Lunges with KB Goblet Hold 20 Commando-Push-Ups 30 Kettlebell Swings 15 Alternating Reverse Lunges with KB Goblet Hold 15 Commando-Push-Ups 20 Kettlebell Swings 10 Alternating Reverse Lunges with KB Goblet Hold 10 Commando-Push-Ups</p> <p>(Commando-Push-Ups: Armhävning med höger knä till höger armbåge + armhävning med vänster knä till vänster armbåge = 1 repetition)</p>	Inget lördagsspass! Ladda i stället för NyårsaftonsWOD!	52
1 jan	<i>Nyårsdagen!</i>	<p>5 sets of: Floor Press x 2-3 reps @20X1 Rest 2 minutes</p> <p>Every 3 minutes, for 15 minutes, complete: 6 Shuttle runs 12 Jumping lunges 15 AbMat Sit-Ups</p>	<p>3 sets for max reps of: 60 seconds of Wall Ball Shots 60 seconds of Rest 60 seconds of Kettlebell Thrusters 60 seconds of Rest 60 seconds of Box Jumps 60 seconds of Rest 60 seconds of Burpees 60 seconds of Rest</p>	<p>4 sets of: Back Squat x 2-4 reps @30X1 Rest 90 seconds Single-Arm Dumbbell/Kettlebell Row x 8-10 reps each arm @2111 Rest 90 seconds</p> <p>For time: 50 Double-Unders/75 Single-Unders immediately followed by...</p> <p>5 rounds of: 5 Strict Pull-Ups 10 Push-Ups 15 Air Squats</p> <p>Then: 50 Double-Unders/75 Single-Unders</p>	<p>In teams of 2, partners alternate tasks to complete 12 rounds (6 each): 10 Goblet Squats 15 Kettlebell Swings 8 Shuttle runs</p>	<i>Trettonde dag jul!</i>	1