

	Måndag	Tisdag	Onsdag	Torsdag	Fredag	Lördag	
26 feb	<p>WOD</p> <p>A. In teams of 5, with only one teammate allowed per station, complete as many rounds and reps as possible in 30 min of: Station 1: 300/250 m Row Station 2: 20/15 Push-Ups Station 3: 3/3 controlled Windmills with kettlebell Station 4: 16/12 Cal Assault Bike Station 5: Rest</p> <p><i>Medelintensivt med fokus på form.</i></p> <p>WOD Team</p> <p>A. In teams of 5, with only one teammate allowed per station, complete as many rounds and reps as possible in 30 min of: Station 1: 300/250 m Row Station 2: 20/15 Push-Ups Station 3: 3/3 controlled Windmills with kettlebell Station 4: 16/12 Cal Assault Bike Station 5: Rest</p> <p><i>Medelintensivt med fokus på form.</i></p>	<p>WOD</p> <p>A. Test: Max reps strikta Pull-ups</p> <p>B. Negative pull-ups 3-4 sec down, 3 sets x 4 reps</p> <p>C. AMRAP x 8 min: 10 Kettlebell swings 10 Sit-ups 1 Burpee 10 Kettlebell swings 10 Sit-ups 2 Burpees ... 10 Kettlebell swings 10 Sit-ups 10 Burpees And so on until 8 min.</p> <p><i>Högt tempo utan slarv under 8 min!</i></p> <p>D. 4 rounds not for time 16 Hollow Rocks 10-12 Biceps curl</p>	<p>Styrka</p> <p>Chippa med Chi</p>	<p>WOD</p> <p>A. Squat Clean 3 set x 10 reps @50-60%</p> <p>B. Snatch balance, med markerat stopp i botten, 3 set x 3 reps</p> <p>C. EMOM x 16 min: Station 1: 10-15 Calories of Assault Bike Station 2: 6-12 Strict Toes to Bar Station 3: 8-12 Arnold presses Station 4: 30-45 sec Hollow hold</p> <p><i>Medelintensivt. Ingen stress. Fokus på kvalitet på alla stationer.</i></p>	<p>WOD</p> <p>CFG Open 18.2</p>	<p>WOD Team</p> <p>A. AMRAP x 25 min: I lag om 4 P1. 15 cal Row P2. 15 Wall ball shots P3. Standing frontrack hold med 2 heavy Kettlebells P4. Rest</p> <p><i>Högt tempo utan slarv i 25 min. Laget roterar när den som rör och den som kör Wall balls är färdiga.</i></p>	9
5 mars	<p>WOD</p> <p>A1. Front squat 4 set x 5 reps @70% A2. Strict Pull-ups 4 set x max reps</p> <p>B. 3-4 rounds for quality: 8-12 Arnold presses 8-10 Dumbbell Row per arm AMRAP Strict Toes to bar/Knees to arms</p> <p><i>Fokus på kvalitet på alla övningar.</i></p> <p>WOD Team 140426</p> <p>In teams of two, with only one person working at a time, complete 3 rounds of: 3 min at each station Station 1: Max Burpees Station 2: Max Kettlebell swings Station 3: Max Row (calories) Station 4: Max Box jumps</p> <p>Rest 30 sec between stations</p>	<p>WOD</p> <p>A. Pause Squat Snatch 3 x 3 reps (med stopp ovanför knä i 2 sek) B. Press i utfallsposition 3 set x 5 reps</p> <p>C. 2 sets for max reps of: 90 seconds of Assault Bike for Calories Rest 30 seconds 90 seconds of Rowing for Calories Rest 30 seconds 90 seconds of Shuttle Runs Rest 30 seconds</p>	<p>Styrka</p> <p>Chippa med Chi</p>	<p>WOD</p> <p>A. Forward alternating lunge w barbell overhead 3 set x 10 reps (5 per ben) B. Snatch Pull (höga) 3 set x 4 reps</p> <p>C. For time: 30-20-10 reps of: Russian Kettlebell Swings Sit-ups</p>	<p>WOD</p> <p>CFG Open 18.3</p>	<p>WOD Team</p> <p>A. EMOM x 24 min: I lag om 3 P1. "Buy in" 10 Kettlebell swings then AMRAP Burpees till 60 sec P2. Standing frontrack hold med 2 heavy Kettlebells P3. Rest</p> <p><i>Högt tempo. Roterar en station varje ny minut.</i></p> <p>B. EMOM x 8-12 min: Station 1. Side Plank (Left) x 20 seconds Station 2. Side Plank (Right) x 20 seconds Station 3. Reverse Snow Angels x 8 reps (slow & controlled) Station 4. Hollow Hold x 20 seconds</p>	10
12 mars	<p>WOD</p> <p>A1. Front squat 4 set x 5 reps @75% A2. Strict Pull-ups 4 set x max reps</p> <p>C. EMOM x 15 min (5 sets for quality): Minute 1 – 3-6 Strict Handstand Push-Ups</p>	<p>WOD</p> <p>A. Squat Clean 4 set x 10 reps @50-60% B. Snatch balance, med markerat stopp i botten, 4 set x 3 reps</p> <p>C. AMRAP x 15 min: I lag om 3</p>	<p>Styrka</p> <p>Chippa med Chi</p>	<p>WOD</p> <p>A. Pause Squat Snatch 3 set x 3 reps (med stopp ovanför knä i 2 sek) B. Press i utfallsposition 3 set x 5 reps</p> <p>C. 3 rounds for time of: 30 Double-Unders 10 Toes to Bar</p>	<p>WOD</p> <p>CFG Open 18.4</p>	<p>WOD Team</p> <p>A. AMRAP x 20 min: In teams of two, with only one person working at a time: 30 Double-Unders 30 Box Jumps 30 Wall Ball Shots</p>	11

	<p>Minute 2 – 6-8 Barbell row Minute 3 – 30-45 sec Hollow hold <i>Fokus på kvalitet på alla övningar.</i></p> <p>WOD Team "Team-Barbara" 2&2, 5 Rounds for time: 20 Pull-ups 30 Push-ups 40 Sit-ups 50 Squats</p> <p>*1-minute rest after each round*</p>	<p>P1. Row for meters P2. Dead hang P3. Vila</p> <p><i>Byt så ofta ni vill. En person måste hela tiden hänga i räcket.</i></p>		<p>20 Walking Lunges with Kettlebell in front rack (like goblet squat)</p> <p><i>Medel-högintensivt med fokus på form.</i></p> <p>D. 3-4 rounds not for time: 10 Sit-ups 10 V-ups 10 Hollow Rocks 10-20 sec Hollow Hold 1 min rest</p>		<p><i>Alternera övningar. P1 börjar med hopprep, P2 hoppar sedan på låda, P1 gör därefter Wall balls osv.</i></p> <p>B. EMOM x 8-12 min: Station 1. Side Plank (Left) x 25 seconds Station 2. Side Plank (Right) x 25 seconds Station 3. Reverse Snow Angels x 10 reps (slow & controlled) Station 4. Hollow Hold x 25 seconds</p>	
19 mars	<p>WOD A1. Front squat 5 set x 5 reps @75% A2. Strict Pull-ups 5 set x max reps</p> <p>C. EMOM x 10 min (2 sets for quality): Minute 1 – Rope Pull-Ups x 3-8 reps Minute 2 – Prone Plank x 40 sec Minute 3 – One Arm Rows x 6-8 reps @2111 (Left Arm) Minute 4 – One Arm Rows x 6-8 reps @2111 (Right Arm) Minute 5 – Hollow Rocks or Hold x 30-40 seconds</p> <p><i>Fokus på kvalitet på alla övningar.</i></p> <p>WOD Team In teams of two, with only one person working at a time, complete: 100 Wall Ball Shots 200 Double-Unders 80 Wall Ball Shots 160 Double-Unders 60 Wall Ball Shots 120 Double-Unders</p>	<p>WOD A. Forward alternating lunge w barbell overhead 4 set x 10 reps (5 per ben) B. Snatch Pull (höga) 4 set x 4 reps</p> <p>C. For time: 10 Shuttle runs 20 Box Jumps 20 Toes to Bar 20 Push-ups 10 Shuttle runs</p> <p><i>Medel-högintensivt. Hitta ett tempo du kan hålla hyfsat jämnt.</i></p> <p>D. 3-4 rounds not for time: 10 Sit-ups 10 V-ups 10 Hollow Rocks 10-20 sec Hollow Hold 1 min rest</p>	<p>Styrka Chippa med Chi</p>	<p>WOD A. Squat Clean 3 set x 10 reps @50-60% B. Snatch balance, med markerat stopp i botten, 3 set x 3 reps</p> <p>C. AMRAP x 1 min: 10 Ball slams 10 Kettlebell swings Vila 1 min</p> <p>AMRAP x 1 min: 9 Plate Thrusters 9 Burpees to plate Vila 1 min</p> <p>AMRAP x 1 min: 8 Ball slams 8 Kettlebell swings Vila 1 min</p> <p>AMRAP x 1 min: 7 Plate Thrusters 7 Burpees to plate Vila 1 min</p> <p>AMRAP x 1 min: 6 Ball slams 6 Kettlebell swings Vila 1 min</p> <p>AMRAP x 1 min: 5 Plate Thrusters 5 Burpees to plate</p> <p><i>Intervaller. Jobba 1 minut, vila 1 minut. Högt tempo!</i></p>	<p>WOD CFG Open 18.5</p>	<p>WOD Team In teams of two, with only one person working at a time, complete: 50 Kettlebell Swings 25 Burpees* 50 Plate Thrusters 25 Burpees* 100 Sit-ups 25 Burpees* 50 Plate Thrusters 25 Burpees* 50 Kettlebell Swings</p> <p>*Both athletes perform the burpees at the same time.</p> <p>B. EMOM x 8-12 min: Station 1. Side Plank (Left) x 30 seconds Station 2. Side Plank (Right) x 30 seconds Station 3. Reverse Snow Angels x 12 reps (slow & controlled) Station 4. Hollow Hold x 30 seconds</p>	12
26 mars	<p>WOD A1. Front squat 5 set x 5 reps @80% A2. Strict Pull-ups 5 set x max reps</p> <p>B. 3-5 rounds for quality: 6/6 Weighted Bulgarian Split Squats 8-12 Ring Rows with false grip</p>	<p>WOD A. Pause Squat Snatch 4 set x 3 reps (med stopp ovanför knä i 2 sek) B. Press i utfallsposition 4 set x 5 reps</p>	<p>Styrka Chippa med Chi</p>	<p>Skärtorsdag A. Forward alternating lunge w barbell overhead 3 set x 10 reps (5 per ben) B. Snatch Pull (höga) 3 set x 4 reps</p>	<p>Långfredag</p>	<p>Påskafton</p>	13

	<p>15-30 sec Ring Support Hold (top of ring dip)</p> <p><i>Fokus på kvalitet på alla övningar.</i></p> <p>WOD Team 170318</p> <p>In teams of 5, with only one teammate allowed per station, complete as many rounds and reps as possible in 40 minutes of:</p> <p>Station 1 – 300/250 m Row Station 2 – 30/20 Push-Ups Station 3 – 30 Kettlebell Swings Station 4 – 25/15 Calories of Assault Bike Station 5 – Rest</p>	<p>C. In teams of 3, AMCAL x 12 min: Row or Assault bike</p> <p><i>Intervaller på roddmaskin eller cykel. Välj ett antal cal eller en tid när ni byter. Blås på!</i></p>		<p>C. 2 sets of: AMRAP x 3 min: 8 Alt Dumbbell snatches 8 Squat jumps Rest 1 min</p> <p>AMRAP x 3 min: 8 Ball slams 8 Burpees Rest 1 min</p>			
2 april	<p><i>Annandag påsk</i></p>	<p>WOD</p> <p>A. Squat Clean & Jerk 5 set x 2+1 reps B. Clean Pull 3 set x 3 reps C. Back squat 3 set x 5 reps</p> <p>D. AMRAP x 10 min: 4 Dumbbell snatches right 8 Burpees 4 Dumbbell snatches left 8 Sit-Ups</p> <p>E. 3-4 rounds not for time: 10 Sit-ups 10 V-ups 10 Hollow Rocks 10-20 sec Hollow Hold 1 min rest</p>	<p>Styrka</p> <p>Chippa med Chi</p>	<p>WOD</p> <p>A. Squat Snatch 5 set x 2 reps B. Snatch Pull 3 set x 3 reps C. Front squat 3 set x 3 reps</p> <p>D. 3 X 3 min on. 1 min off. 1. Assault bike for cal 2. Row for cal 3. Shuttle runs</p> <p><i>Medel- högintensiva långa intervaller.</i></p>	<p>WOD</p> <p>A. EMOM x 24 min: 1. 8-10 Ball Slams 2. 10-12 Alternating jumping lunges/backward lunges 3. 8-12 Heavy Russian Kettlebell swings 4. 20-40 Double-Unders eller träna på DU:s.</p>	<p>WOD Team</p> <p>A. In teams of 3: 100 cal Row 100 Burpees 100 cal Row 100 Burpees 100 cal Row</p> <p><i>Timecap 20 min. En person jobbar och ni delar upp repetitionerna som ni vill.</i></p> <p>B. 3-5 rounds for quality: AMRAP Weighted Pushups with pause in the bottom (Stop 2-3 reps before fail) 20-30 Hollow Rocks AMSAP Side Hollow hold on each side</p>	14