

date	PROGRAM
mandag den 1. april 2019	<p>A. AMRAP 20 25 Cal Row 25 Back Extensions 25 Ab-mat Situps</p> <p>-Directly into-</p> <p>B. AMRAP 20 5 Pullups 10 Down Ups 15 Air Squats Rest 60 sec</p>

tirsdag den 2. april 2019

B. 5RFT

15 Wallballs

15 Burpees

15 OH Lunges w. Plate 25/15

*TC: 15 min

B. In Teams Of 2

AMRAP 15

YGIG

15 Floor Press

15 Pullaparts

onsdag den 3. april 2019

A. AMRAP 15

8 Double DB Deadlifts 2x20/2x15

10 HR Pushups

12 V-Ups

B. AMRAP 15

20 Front Rack Reverse Lunges 2x16/2x12

15 Back Extensions

30 sec HS Hold (wall)

*5 min rest between

torsdag den 4. april 2019	<p>A. 2 RFT</p> <p>50 Air Squats 100 Double Unders 50 Weigthed Ab-mat Situps 8/6 (DB on chest) 100 Double unders 50 KB clean 32/24</p> <p>*TC: 18 min</p> <p>B TABATA x 2</p> <p>Side Plank Flutter Kicks</p>
fredag den 5. april 2019	<p>A. Team Wod</p> <p>AMRAP 20</p> <p>YGIG</p> <p>12 Double DB/KB Squats 2x15/2x10 9 Double DB/KB S2OH 2x15/2x10 6 Burpees</p> <p>B. 100 KB Swings For Time</p> <p>Every Break = 50 Double Unders</p> <p>*TC: 10 min</p>

lørdag den 6. april 2019	<p>A. AMRAP 7 5 Reaction Drills 10 Ring Rows</p> <p>B. 40 T2B for time *OTM 10 Airsquats + 3 Burpees *TC: 7 min</p> <p>C. 60 DB snatch for time 20/15 **OTM 5 Burpees ***TC: 7 min</p> <p>****3 min rest between workous</p>
søndag den 7. april 2019	<p>A. EMOM 40 1 min. ME DB Hang Power Clean 2x20/2x15 2 min. Box Jumps 3 min. Wallballs 4min. Rest</p>

mandag den 8. april 2019

A. Fight Gone Bad ish ++!

5 RFR

1 min of Wallballs
1 min Russian Swings 24/16
1 min of Box Jumps
1 min Thrusters 20/15
1 min Row (cal)
Rest 1 min

tirsdag den 9. april 2019

A. AMRAP 8

10 Pullups
60 sec Holow Hold

-2 min pause-

B. For Time

21-15-9

KB Swings 24/16
Burpee Box Jump Overs

*TC 8

-2 min pause-

C. AMRAP 8

30 sec side Plank L+R
20 HR Pushups

onsdag den 10. april 2019

E2MOTM 40

0-2: Row for cal

2-4: 60 sec Double KB farmer Hold AHAP

4-6: 60 Double unders (every break = 5 burpees)

6-8: DB Box step overs w. 2x15/2x10

torsdag den 11. april 2019

A. AMRAP 15

5 Pullups

10 Pushups

15 Air Squats

*OTM 5 Wallballs

- Rest 2 min -

B. AMRAP 15

20 Atomic situps

15 mauntain climbers

10 Lunges

fredag den 12. april 2019	<p>A.Team Wod AMRAP 30 In Teams Of 3 YGIG 3 suicide runs 10 Goblet Squats 32/24 5 Burpees</p>
lørdag den 13. april 2019	<p>A.5 RFQ 20 Burpees 20 Goblet squats (32/24) 20 Russian swings (32/24) *TC: 25 min</p>

søndag den 14. april 2019

A.AMRAP 5

Burpees

B.AMRAP 5

DB Snatch 20/15

C.AMRAP 5

OA KB FR Reverse Lunges 24/16

D.AMRAP 5

T2B

E. AMRAP 5

Row (Cal)

*2 min rest between

mandag den 15. april 2019

A. AMRAP 15

21-15-9

Goblet Squats 32/24

Russian Swings 32/24

Pullups

B. 5 RFR

2 minutes of Burpee Box Jumps

Rest 1 min

tirsdag den 16. april 2019

A. AMRAP 8

1-2-3-4...

Box jump

Devils press

B. AMRAP 8

1-2-3-4...

Push Ups

Lunges

C. AMRAP 8

1-2-3-4...

Pull Ups

V-Ups

*3 min rest between

onsdag den 17. april 2019

A. AMRAP 15

5 Renegade Rows 2x15/2x10

6 Tall Box Jumps (AHAP)

11 Russian Swings 32/24

- 2 min rest -

B. AMRAP 15

6 Wall Climbs

7 OA KB Front Squats 24/16

20 m Bear Crawl

torsdag den 18. april 2019	<p>A. Running start</p> <p>1000 m Row 400 m Run 200 Double unders 400 m Run 100 KB swings (24/16) 400 m Run 50 Burpee boxjumps</p> <p>TC: 30 min</p>
fredag den 19. april 2019	<p>A. Team Wod In teams of 2 AMRAP15 YGIG</p> <p>10 OH Lunges w. plate 25/15 10 Alt.DB snatches 20/15</p> <p>B. AMRAP 15 YGIG</p> <p>10 Medball Situps 10 Wallballs</p> <p>*2 min Rest Between</p>

lørdag den 20. april 2019

A. For time

21-18-15-9-6-3

Goblet Squats 32/24

T2B

Burpees

*TC: 16 min

B. For time:

21-18-15-9-6-3

Box Jumps

DB Snatches 20/15

Push Ups

*TC: 16 min

**2 min Rest Between

søndag den 21. april 2019

A "Filthy 25"

2 RFT

25 Box Jumps

25 Pullups

25 KB Swings

25 OH Lunges 20/15

25 T2B

25 Push Press 20/15

25 Thrusters 20/15

25 Burpees

mandag den 22. april 2019

6 RFT

15 Ab-mat Situps
30 KB Thrusters 24/16
45 Double Unders

*TC: 20 min

B. TABATA x 2

Lunges
Pushups

tirsdag den 23. april 2019

A. For time:

25 Burpees
50 KB Swings 32/24
100 Air Squats
150 DU
100 Air Squats
50 KB Swings 32/24
25 Burpees

*TC: 20 min

B.YGIG Finisher With L-sit

onsdag den 24. april 2019

A. AMRAP 8

10 DB Front Rack Lunges 20/15
20 Alt DB Snatch 20/15

B. AMRAP 8

8 Wallballs
4 Turkish get Ups R+L

C. AMRAP 8

20 Atomic situps
10 KB Swings (32/24)

*3 min Rest Between AMRAPs

torsdag den 25. april 2019

A EMOM 40

1.min 10-12 Cal row
2. min 10-12 Burpees
3. min 60 sec Plank
4.min 10-12 Double KB Clean and Jerk

fredag den 26. april 2019

Team WOD

In teams of 2

A. AMRAP 15

20 Front Squats 40/30

20 S2OH 40/30

20 Burpees Over Bar

B. AMRAP 15

20 Double KB Swings 2x16/2x12

20 Double KB Front Rack Lunges 2x16/2x12

20 Sit Ups

*Divide the reps as you like

**3 min rest between

lørdag den 27. april 2019

A. For time

60 Reverse burpees

60 Ground 2 over shoulder with sandbag

60 V-Ups

60 Goblet Squat 24/16

60 KB Lunges(Goblet load) 24/16

30 Devils Press

*TC: 30 min

søndag den 28. april 2019

A. AMRAP 15

15 Wall Balls
15 HR Pushups
30 Sec Hollow Hold

B. AMRAP 15

15 Pull Ups
15 Air Squats
30 Sec Arch Hold

*5 min rest between

mandag den 29. april 2019

A.For time:

30 T2B
40 Alt DB Snatch 20/15
50 KB Box Step Overs (OA) 20/16
40 Alt DB Snatch 20/15
30 T2B

*TC. 20 min

B.Teams of 2

For time
100 Down Ups

tirsdag den 30. april 2019

A. For time
50-40-30-20-10

Wall Balls
Russian Swings 32/24

*TC: 15 min

B. 5RFT

15 H.R Push Ups
15 G2OH w. plate 25/15
15 OH Reverse Lunges 25/15

*TC: 15 min

**4 min rest between workouts