

Øvet WOD April 2019

Dato	Workout Of the Day
mandag den 1. april 2019	<p>A. Deadlift 5-5-3-3-3-2</p> <p>B. AMRAP 16 500 m Row 15 Strict Pullups 30 Pushups</p>
tirsdag den 2. april 2019	<p>A.4 RFQ 6-10 Weigthed Chin Ups 6-10 Power Cleans</p> <p>B. 2RFT 20 HSPU 30 T2B 30 m DB Lunges 20/15</p> <p>TC: 15 min</p>
onsdag den 3. april 2019	<p>A. TEAM WOD Teams Of 3 For Time:</p> <p>60 Cal Row, 75 Power Snatch, 75 Thrusters (30/20) 60 Cal Row, 60 Power Snatch, 60 Thrusters (40/30) 60 Cal Row, 45 Power Snatch. 45 Thrusters (50/35) 60 Cal Row, 30 Power Snatch, 30 Thrusters (60/40) 60 Cal Row, 15 power Snatch, 15 Thrusters (70/45)</p> <p>*TC: 32 min **Share Reps As You Like</p>

Øvet WOD April 2019

torsdag den 4. april 2019	<p>A. 20 min To Work Up To A Heavy 2 RM Hang Clean</p> <p>B. 2 RFT 200 Double Unders 50 Burpees 25 C2B Pullups</p> <p>*TC: 15 min</p>
fredag den 5. april 2019	<p>A. 3 RFQ 30 Sec Ring Support Hold 3 Wall Climbs</p> <p>B. 3 RFT 30 KB Swings 32/24 30 Stepups KB in Front Rack *If You Put down The KB 7 Burpees **TC: 15 min</p> <p>C. Friday Pump: 4 RFR ME Banded Pushups 2 min Rest</p>
lørdag den 6. april 2019	<p>A.Team WOD Teams Of 2 5 RFT 40 Cal Row 30 T2B 20 Sandbag Clean 10 Bar MU 100 DU</p> <p>*TC: 35 min **Share Reps As You Like</p>

Øvet WOD April 2019

søndag den 7. april 2019

A. CrossFit Total

Back Squat 1 RM
Shoulder Press 1 RM
Deadlift 1 RM

TC: 30 min

fredag den 8. februar 2019

A. 5 RFQ

8 Back Squat
2-5 Ring MU

B. On a 9 min Clock, 3 Rounds For Max Reps Of:

1 min Handstand Hold
2 min Wallball

Øvet WOD April 2019

tirsdag den 9. april 2019

A. E2MOM 12

1 Clean + 1 Split Jerk + 1 Push Jerk

B. AMRAP 7

21 KB Snatch 24/16

15 OA KB FR Squats 24/16

3 min Rest

C AMRAP 7

9 DB Step Overs 2x20/2x15

6 Renegade Rows 2x20/2x15

onsdag den 10. april 2019

A. 5 RFQ

5 Strict Pullups + 20 Sec Pullups Hold

20 Sec L-Sit

B AMRAP 15

YGIG

8 Wallballs

6 Down Ups

4 Bar MU

Øvet WOD April 2019

torsdag den 11. april 2019

A.E2MOM 12

3 Power Snatch + 3 OH Squats (30X1)

B. 21-15-9

Ring Dips

Hang Power Clean 50/35

Burpee Over The Bar

*TC: 15 min

fredag den 12. april 2019

A. Shoulderpress

10-8-6-8-10

B. 2 RFT

200 Double Unders

50 Down Ups

25 C2B Pullups

TC: 15 min

Øvet WOD April 2019

lørdag den 13. april 2019

A. 3RFQ

45 Sec ME Single Leg Glute Bridge Right
15 Sec Res
45 Sec Glute Bridge Hold
15 Sec Rest
45 Sec ME Single Leg Glute Bridge Left
15 Sec Rest
45 Sec Glute Bridge Hold
1 min Rest

Team WOD! In Teams Of 2

B. For Time

100 Burpees
100 Air Squats
100 Sit Ups
100 Puh Ups

*TC: 15 min

søndag den 14. april 2019

A. Hero WOD Day!

"Rene"

7 RFT

Run 400 m
21 Walking Lunges
15 Pullups
9 Burpees

*TC: 40 min

**RX Weight Vest

Øvet WOD April 2019

mandag den 15. april 2019	<p>A. 20 min Handstand practice</p> <p>B. AMRAP 4 2 Legless Rope Climbs 20 Alt DB Snatch</p> <p>1 min Rest</p> <p>AMRAP 4 15 Push Ups 15 Jumping Squats</p> <p>1 min Rest</p> <p>AMRAP 4 10 Double KB Deadlift 2x32/2x24 10 V-Ups</p>
tirsdag den 16. april 2019	<p>A. EMOM 12 1 Snatch Pull + 2 hang Sntch</p> <p>B. 4 RFT 25 Push Press 15 Bar facing Burpees 25 Ab-mat Situps</p> <p>*TC: 20 min</p>
onsdag den 17. april 2019	<p>A. 3 RFQ 2-5 Strict Ring MU 4-10 Deficit HSPU</p> <p>B. 20 RFT YGIG 12 Pushups 30 Double Unders</p> <p>*TC: 20 min</p>

Øvet WOD April 2019

torsdag den 18. april 2019

A. Front Squat

8-8-8-8-8

B. 15-10-5

Double DB Snatch

-Directly into-

15-10-5

Deadlift 120/80

Bar MU

fredag den 19. april 2019

A. 5 RFQ

10 Narrow Grip Benchpress

8 Hang Power Cleans

B. 5 RFT

13 Strict HSPU

13 KB Swings 32/24

13 Pistols

Øvet WOD April 2019

lørdag den 20. april 2019	<p>Team WOD! In Teams Of 2 A. 8 RFT 15/12 Cal Row 12 DB Thrusters 9 T2B</p> <p>-Directly into-</p> <p>B.8 RFT 15 Burpees 12 KB Snatch 9 Wallballs</p> <p>*TC: 32 min</p>
søndag den 21. april 2019	<p>A Benchmark Day! "ANGIE" For Time: 100 Pullups 100 Push Ups 100 Sit Ups 100 Air Squats</p> <p>*TC: 15 min</p> <p>B. 5RFQ 20-30 Sec L-Sit 12 Bulgarian Split Squats 2xKB (Tempo 3130)</p>
mandag den 22. april 2019	<p>A. EMOTM 12 Odd: 20 sec Weighted Hollow Rock Even: 8-10 Strict Pullups</p> <p>B. 4RFT 15 Cleans 60/40 15 Ring Dips</p> <p>*TC: 15</p>

Øvet WOD April 2019

tirsdag den 23. april 2019	<p>A. Power Snatch 20 min, build to a heavy set of 5</p> <p>B. For Time: 1000 m Row 50 Wallballs 30 T2B</p> <p>*TC: 12 min</p>
onsdag den 24. april 2019	<p>A. Benchpress 8-8-8-8-8</p> <p>B. AMRAP 20 Teams Of 2 YGIG 12 Double DB Deadlift 2x20/2x15 9 Double DB Hang Power Clean 2x20/2x15 6 S2OH 2x20/2x15</p>
torsdag den 25. april 2019	<p>A. 5 RFQ 5 TGU R+L 10 Backsquats</p> <p>B. For Time 21-18-15-12-9-6-3 K2E KB/DB Thrusters Double Unders</p> <p>*TC: 15 min</p>

Øvet WOD April 2019

fredag den 26. april 2019

A. 4RFQ

8 Strict T2B

15-30 sec Handstand Hold

B. EMOM 10

8 DB Snatch 25/15

+

ME Double Unders

*Score: Reps Double Unders

C. AMRAP 10

10 Goblet Squats 32/24

10 Target Burpees

10 Box Jumps Overs

10 V-Ups

lørdag den 27. april 2019

Team WOD In Teams Of 2 YGIG

AMRAP 8

10 KB Swings 32/24

5 Clean 60/40

AMRAP 8

40 Double Unders

5 Thrusters 50/40

AMRAP 8

10 T2B

10 Power Snatch 40/30

*2 min rest between AMRAPs

Øvet WOD April 2019

søndag den 28. april 2019	<p>Hero WOD Day!</p> <p>A. "Barraza"</p> <p>AMRAP 18</p> <p>200 m Run</p> <p>9 Deadlift 120/80</p> <p>6 Burpee Muscle Ups</p> <p>B. Finsher with Wallballs</p>
mandag den 29. april 2019	<p>A. 4 RFQ</p> <p>5 Lean Away Pullups</p> <p>10-12 Ring Pullups</p> <p>B. 5 RFT</p> <p>10 Backsquats 60/45</p> <p>1 Legless Rope Climb</p>
tirsdag den 30. april 2019	<p>A. E2MOTM 12</p> <p>5 OH Squats</p> <p>B. 21-18-15-12-9-6-3</p> <p>KB Swings 32/24</p> <p>*After Each Round:</p> <p>15 ABMat Situps</p> <p>30 Double Unders</p>