

StortHold Februar 2019

Dato	PROGRAM
fredag den 1. februar 2019	<p>A.TEAM WOD</p> <p>For time, in teams of 2</p> <ul style="list-style-type: none">300 Double Unders200 Wall Balls 20/14150 Burpees100 KB Swings 24/1650 Box Jumps25 G2OH w sandbag <p>*TC: 32 min</p>

lørdag den 2. februar 2019	<p>A. Against a running clock</p> <p>21-15-9 Down Ups Sit Ups -3 min rest-</p> <p>21-15-9 KB Swings Goblet Squats -3 min rest-</p> <p>21-15-9 Box Jumps Hand release push ups -3 min rest-</p> <p>21-15-9 OA DB Thruster Reverse burpees</p> <p>Timecap: 32 min</p>
søndag den 3. februar 2019	<p>A. 10RFT</p> <p>30 Double Unders 9 Thrusters 20/15 timecap: 15 min</p> <p>B. 4RFT</p> <p>20 KB Snatch 24/16 20 Sit Ups 20 KB Lunges 24/16 timecap: 15 min</p> <p>*3 min rest between</p>

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mandag den 4. februar 2019	<p>A.EMOM 35</p> <ol style="list-style-type: none">1. 16 Box Jump Overs2. 20 KB Swings (24/16)3. 15/12 cal row4. 5 DB Burpees5. Rest
tirsdag den 5. februar 2019	<p>A. AMRAP 8</p> <p>1-2-3-4...</p> <p>Box jump</p> <p>Devils press</p> <p>B. AMRAP 8</p> <p>1-2-3-4...</p> <p>Push Ups</p> <p>Goblet Squat</p> <p>C. AMRAP 8</p> <p>1-2-3-4...</p> <p>Pull Ups</p> <p>V-Ups</p> <p>*3 min rest between</p>

onsdag den 6. februar 2019	<p>In teams of 2 - You go I go</p> <p>A. AMRAP 6 100 m rowing sprint</p> <p>B. AMRAP 6 3 Wall Climbs 6 Burpees</p> <p>C. AMRAP 6 10 slamballs 10 Jumping squats</p> <p>*3 min rest between workous</p>
torsdag den 7. februar 2019	<p>A. Every 4th minute for 32 minutes: 10 C2B 10 Slamballs 10 Font Squat 30/20 *Every round + 2 reps per exercise.</p>

fredag den 8. februar 2019

A. In teams of 2, "You go, I go"

AMRAP 12

12 DB Snatch
12 lateral burpees

-3 min pause-

AMRAP 12

12 KB Thrusters
12 Reverse burpees

B. AMRAP 4

syncro Vups

lørdag den 9. februar 2019

A. AMRAP 8

20 Double unders
10 Burpees

- 2 min Pause -

B. AMRAP 8

1 Wall Climb
10 v-ups

- 2 min Pause -

C. AMRAP 8

5 Goblet squats (24/16)
20 Lunges

D. Finisher med parallettes

søndag den 10. februar 2019

A. AMRAP 9

9 Pull Ups

9 Sit Ups

- rest 2 min-

B. AMRAP 9

9 box jumps

9 Burpees

- rest 2 min -

C. AMRAP 9

9 Alt DB Snatch

9 Goblet squat m. DB

mandag den 11. februar 2019

A.AMRAP 15

15 Box Jumps

15 DB Snatch

1 min planke

- 4 min rest-

B. AMRAP 15

15 Wall Balls

15 Sit ups w. wall ball

1 min Wallsit (Wallball i "froont rack")

tirsdag den 12. februar 2019

TABATA X5

- A. Double unders
- B. DB step overs
- C. Sit Ups
- D. Pushups
- E. KB Swings

* 2 min rest between

onsdag den 13. februar 2019

A. EMOM 14

Even: 15 Wallballs

Odd: 10 burpees

B. EMOM 14

Even: 10 KB FR Lunges + 5 tuck jumps

Odd: 10 pullups

*2 min pause mellem EMOMs

torsdag den 14. februar 2019

A. AMRAP 4

Rowing

B. AMRAP 4

Downups

C. AMRAP 4

10 Double DB hang power clean
10 Double DB Front Rack Lunges

D. AMRAP 4

10 reaktionsøvelser
10 Goblet squats (32/24)

E. AMRAP 4

Renegade rows

- 2 min rest between -

fredag den 15. februar 2019

TEAM WOD

A. In teams of 2

For time:

100 Wall balls

100 box jump overs

100 Alt. DB snatches

"You go, I go" every minute on the minute style

*timecap: 25 min

B. Finisher with plank and farmers carry

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lørdag den 16. februar 2019	<p>A. AMRAP 10 10 GTO (20/15kg plate) 10 plate burpees</p> <p>B. AMRAP 10 10 Pull Ups 10 V-Ups</p> <p>C. AMRAP 10 10 KB Swings (24/16) 10 Push Ups</p> <p>*2 min rest between workouts</p>
søndag den 17. februar 2019	<p>A. AMRAP 15 21 Slam Balls 15 Burpees 9 Pull Ups</p> <p>- 2 min rest -</p> <p>B. AMRAP 15 21 Russian Swings 15 Atomic Sit Ups 9 HR Pushups</p>

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mandag den 18. februar 2019	<p>EMOM 35</p> <ol style="list-style-type: none">1. 16 Box Jump Overs2. 14 T2B3. 12 Down Ups4. 10 Double KB Clean and Jerk5. rest
tirsdag den 19. februar 2019	<p>A.21-18-15-12-9-6-3</p> <p>Wallballs KB swings T2B</p> <p>*TC: 16 min</p> <p>rest 2 min</p> <p>B.AMRAP 16</p> <p>8 jumping lunges 8 burpees 8 Clapping pushups</p>

onsdag den 20. februar 2019	<p>A. AMRAP 15 Wall balls *every time you stop doing wall balls/drop the ball perform 5 burpee tuck jumps + 5 russian swings</p> <p>-3 min rest-</p> <p>B. AMRAP 15 20 Double Unders 10 ringrows 10 DB Snatch</p>
torsdag den 21. februar 2019	<p>A. AMRAP 8 20 Slamballs 30 Double Unders</p> <p>B. AMRAP 8 5 Pull Ups 10 Sit Ups</p> <p>C. AMRAP 8 20 Reverse OH Lunges with a plate 20/15 10 Push Ups</p> <p>-2 min rest between-</p>
fredag den 22. februar 2019	<p>TEAM WOD AMRAP 35 -in teams of 3- 100 Box Jumps (partners hold a plank) 100 Ring rows(elevated) (partners hang in the pull up bar) 100 Pushpress 20/15 (partners hold at top of push up position) 100 Burpees (partners hold a hollow hold)</p>

lørdag den 23. februar 2019

A. "Barbara"
5 rounds each for time:
20 Pull ups
30 Push ups
40 Sit ups
50 Air squats
*3 min pause mellem hver runde

B. Finisher med hollow hold

søndag den 24. februar 2019

A. AMRAP 8

10 T2B
10 Burpees

- 2 min Pause -

B. AMRAP 8

15 Russian Swings 24/16
15 Goblet squats 24/16

- 2 min Pause -

C. AMRAP 8

20 Double DB Pushpress 15/10
20 Lunges

D. Finisher with Plank

mandag den 25. februar 2019

A. "Team Cindy+"

In teams of 2

AMRAP 25

5 C2B

10 H.R Push Ups

15 Jumping Squats

B. Finsher with farmers walk

tirsdag den 26. februar 2019

2 Rounds of:

AMRAP 6

15 Parallette pass throughs

10 Jumping Lunges

5 C2B

-2 min rest-

AMRAP 6

15 sit ups

10 H.R Push Ups

5 Wall Climbs

-2 min rest-

onsdag den 27. februar 2019

AMRAP 30

50 Double unders
40 Airsquats
30 Down ups
20 Boxjumps
10 reaktionsøvelser
- 90 sek pause -

torsdag den 28. februar 2019

A. AMRAP 15

10 Shoulder to overhead (40/30)
10 Burpees over the bar

B. AMRAP 15

10 Double KB frontrack lunges 24/16
10 sit ups

*5 min rest between