

Date	Workout Of the Day
Monday, 1 April 2019	<p>A. Bench press 4-4-4-4-4</p> <p>B. AMRAP 15 KB swings 24/16 *OTM 30 double unders + 5 burpees</p>
Tuesday, 2 April 2019	<p>A. Bulgarian split squats (2x)8-8-8-8</p> <p>B. Teams of 3 3x600 m all out row*</p> <p>C. AMRAP 4 8 Hang squat cleans 50/35 8 FT Reverse lunges 50/35</p>
Wednesday, 3 April 2019	<p>A. 5RFQ 5 chin ups w. 1 sec hold above the bar (add load) 10 shoulder press</p> <p>B. 5 rounds for time 20 pushups 15 deadlift 80/55 10 K2E</p>
Thursday, 4 April 2019	<p>A. Front squat 4-4-4-4-4</p> <p>B. 3 rounds for time 20 HSPU 20 T2B 1 min rest 15 min</p>
Friday, 5 April 2019	<p>A. EMOM 12 1 split jerk</p> <p>B. "The number of the beast" AMRAP 10</p> <p>6 Burpee boxjumps 6 Backsquat (60/40) 6 V-ups</p>

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Saturday, 6 April 2019	<p>A. EMOM 15 TGU 1+1</p> <p>B. AMRAP 12 24 KB snatch 24/16 24 wall balls 20/15 lbs</p>
Sunday, 7 April 2019	<p>A. Deadlift 4-4-4-4-4</p> <p>B. AMRAP 7 Target Burpees</p> <p>C. Hollow body finisher</p>
Monday, 8 April 2019	<p>A. EMOTM 10 3 loaded strict pullups</p> <p>B. "Violator" Get as far as possible each AMRAP, but begin with 3 every round. AMRAP 4 3,6,9,12... Thrusters 40/30 KB swings 32/23 Ab-mat situps</p> <p>Repeat x3 with 2 min rest between each AMRAP. 16 min total. Score: worst round</p>
Tuesday, 9 April 2019	<p>For time 800 m run 80 wall balls 20/15 lbs 60 cal row 40 reaction drills 20 OH squat 50/35 TC: 25 min</p> <p>Finisher: teams of 2 40 thrusters for time 50/35</p>
Wednesday, 10 April 2019	<p>A. EMOM 12 1 power jerk + 1 split jerk</p> <p>B. 4x400 m run+15 KB swings 32/24 rest 1 min between rounds TC: 16 min</p> <p>C. Hollow body finisher</p>

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Thursday, 11 April 2019	<p>A. Back squat 4-4-4-4-4</p> <p>B. "The Trooper" AMRAP 15</p> <p>21 alt. dumbbell snatch 20/15 21. Burpees 21 Pullups 21 dumbbell squats 30/20</p>
Friday, 12 April 2019	<p>A. Hip thrusts 20-15-10</p> <p>B. 3 rounds for reps 2 min row 1 min box jump over 1 min Goblet squats 24/16 2 min rest</p>
Saturday, 13 April 2019	<p>A. 10 min for quality 10 KB swings 3 box jumps (increase height)</p> <p>B. "Raining blood" 5 rounds for time 10 Front squats 50/35 8 Burpees over the bar 6 Hang power cleans 4 Bar muscle ups TC: 12 min</p>
Sunday, 14 April 2019	<p>A. Deadlift 4-4-4-4-4</p> <p>B. For time 4,3,2,1 rope climbs 10,12,14,16 ring dips TC: 12 min</p> <p>C. Hollow body finisher</p>
Monday, 15 April 2019	<p>A. EMOM 12 1 power snatch</p> <p>B. AMRAP 10 10 HR. Pushups 10 OH squats 40/30 20 wall balls 10/15 lbs</p>

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Tuesday, 16 April 2019	<p>A. 10 min to work on HS walk progressions</p> <p>B. "TNT"</p> <p>5 runder på tid og for load</p> <p>8 unbroken hang power clean</p> <p>6 Shoulder to overhead</p> <p>4 Thrusters</p> <p>50 Double unders</p> <p>Timecap 15:00</p>
Wednesday, 17 April 2019	<p>A. Back squat</p> <p>4-4-4-4-4</p> <p>B. 2 rounds for time</p> <p>20 K2E</p> <p>30 burpee box jump overs</p> <p>rest 2 min</p>
Thursday, 18 April 2019	<p>A. 5 RFQ</p> <p>10 Romanian deadlift</p> <p>10 Push press w. 1 sek pause in the top</p> <p>B. 4 rounds for time</p> <p>400 m run</p> <p>20 thrusters 40/30</p> <p>TC: 15 min</p>
Friday, 19 April 2019	<p>"René Dif"</p> <p>50 Wallballs</p> <p>50 Toes 2 bar</p> <p>50 Double unders</p> <p>50 KB Clean and jerk 24/16</p> <p>50 Abmat situps</p> <p>50 KB swings 32/24</p> <p>50 Burpee boxjumps</p> <p>TC: 30:00</p>
Saturday, 20 April 2019	<p>A. EMOM 12</p> <p>1 Power clean</p> <p>B. "Donnie Darko"</p> <p>60 cal row</p> <p>30 thrusters 50/30</p> <p>Timecap 7:00</p> <p>C. 30-50 chin ups for quality (5 min)</p>

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Sunday, 21 April 2019	<p>A. Push press 4-4-4-4-4</p> <p>B. 4 rounds for reps 1 KB snatch 24/16 1 min DB thrusters 2x20/15 1 min ab-mat situps</p>
Monday, 22 April 2019	<p>A. 2 k row for time</p> <p>B. AMRAP 8 80 Double unders 20 FR reverse lunges 40/30</p> <p>C. 3x400 m run w. 1 min rest between</p>
Tuesday, 23 April 2019	<p>A. 5RFQ 2x10 Seated KB press 10 Chin ups</p> <p>B. 5 rounds for time 20 DB snatch 20/15 20 wall balls 20/15 lbs</p>
Wednesday, 24 April 2019	<p>A. Deadlift 4-4-4-4-4</p> <p>B. 3x 4 min on 2 min off AMRAP 9 T2B 7 HR. Pushups 5 Front squats 60/40</p>
Thursday, 25 April 2019	<p>A. EMOM 12 1 Power snatch</p> <p>B. AMRAP 10 15 HSPU 15 Goblet squats 32/24 15 KB cleans 32/24</p>

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Friday, 26 April 2019	<p>A. 10 min with HS hold progressions</p> <p>B. "Mini Lynne with a twist" AMRAP 15 Benchpress BW Strict Pullups</p> <p>- bestem selv reps, pauser og sæt. Målet er en så høj som mulig score på 15 min.</p> <p>C. AMRAP 5 Double unders *OTM 7 Burpees</p>
Saturday, 27 April 2019	<p>Day without loading the shoulders</p> <p>A. Back squat 4-4-4-4-4</p> <p>B. 4x400 m run w. 1 min rest between rounds</p> <p>C. 50 Burpees for time</p>
Sunday, 28 April 2019	<p>A. 5RFQ 5 strict ring dips 5 weighted chin ups</p> <p>B. AMRAP 14 28 DB snatch 20/15 14 K2E 7 bench press @ BW</p>
Monday, 29 April 2019	<p>"iNfinite" Flydende start 1000 meter row 400 m run 200 Double unders 400 m run 100 KB swings (24/16) 400 m run 50 Burpee boxjumps</p> <p>Timecap: 30 min</p>

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Tuesday, 30 April 2019

A. EMOM 12
Hang snatch w 2 sek in the bottom pos

B. Tabata T2B

1 min rest

C. Tabata jumping lunges

1 min rest

D. KB snatch 24/16

Abbreviations

AMRAP: As many reps as possible

AFAP: As fast as possible

Alt.: Alternating

BB: Barbell

BJ: Box jumps

BBJ: Burpee box jumps

BBJO: Burpee box jump overs

BS: Back squat

DB: Dumbbell

EMOTM: Every minute on the minute

FR: Front rack

HPC: Hang power clean

HPS: Hang power snatch

HR: Hand release

HSPU: Hand stand push up

KB: Kettlebell

RC: Rope climbs

RFT: Rounds for technique

RFQ: Rounds for quality

RFR: Rounds for reps

RFV: Rounds for volume

S2OH: Shoulder to overhead

SHSPU: Strict hand stand push up

T2B: Toes to bar

TGU: Turkish getup

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