

StortHold Januar 2019

Dato	PROGRAM
tirsdag den 1. januar 2019	<p>A. AMRAP 5 Rowing</p> <p>B. AMRAP 5 7 KB Swing 7 Box Jumps</p> <p>C. AMRAP 5 Wall Climbs</p> <p>D. AMRAP 5 7 KB Snatch 7 Push Ups</p> <p>E. AMRAP 5 10 Jumping lunges 7 T2B</p> <p>*2 min rest between</p>
onsdag den 2. januar 2019	<p>EMOTM 35</p> <ol style="list-style-type: none"> 1. 15 wall balls 2. 15 burpees 3. 15 KB Clean 24/16 4. 10 K2E 5. 15/12 Cal Row

torsdag den 3. januar 2019	<p>A. AMRAP 13</p> <p>9 Pull Ups 9 Sit Ups 9 box jumps 9 Burpees</p> <p>- rest 3 min -</p> <p>B. AMRAP 13</p> <p>9 Alt DB Snatch 9 Goblet squat m. DB 18 Russian twist m. DB</p>
fredag den 4. januar 2019	<p>In teams of 2</p> <p>AMRAP 30</p> <p>55 Cal Row 55 T2B 55 Mountain Climbers 55 Thrusters 40/30 55 OH Lunges 20/15 55 KB Snatch 32/24</p>

lørdag den 5. januar 2019

A. For time

40 sit ups
40 Burpee box jumps

B. For time

50 Devils Press

C. For time

60 Double KB Reverse Lunges

D. For time

100 G2OH 25/15

*timecap for each part: 6 min

*3 min rest between"

søndag den 6. januar 2019

A.AMRAP 9

9 Pushups
9 situps

B.AMRAP 7

7 KB Swings
7 KB FR Lunges

C.AMRAP 5

5 OA KB pushpress
5 OA FR KB Squats

D.AMRAP 3

Renegade Rows

*2 min rest between AMRAPs

StortHold Januar 2019

mandag den 7. januar 2019	<p>A. 3RFT</p> <p>50 Air squats 100 Double unders 50 Abmat situps 100 Double unders 50 KB clean 24/16</p> <p>*TC: 30 min</p>
tirsdag den 8. januar 2019	<p>A. AMRAP 15</p> <p>10-Vups 15 Box jumps 20 Russian Swings 32/24</p> <p>B. AMRAP 15</p> <p>10 DB Bench press 15 Pullups 20 Burpees</p> <p>*3 min rest between AMRAPs</p>

onsdag den 9. januar 2019

A. AMRAP 4

KB Snatch

B. AMRAP 4

Row for Cal

C. AMRAP 4

10 K2E

10 Air squats

10 Pushups

D. AMRAP 4

10 Double DB deadlift

10 m Quadruped Crawl

E. AMRAP 4

30 sek Tuck hold on Parallettes

30 sek ME KB Reverse Lunges 32/24

*2 min rest between AMRAPs

torsdag den 10. januar 2019

A. 5 RFT

30 sek HS hold

15 KB Swings 32/24

*TC 8

- 3 min pause -

B. AMRAP 8

5 T2B

7 HR pushups

9 situps

- 3min pause -

C. AMRAP 8

Teams of 2

YGIG

10 down ups

10 tuck jumps

fredag den 11. januar 2019	<p>A. Team WOD Teams of 3 AMRAP 15 Row for Cal *Hvert min skal en person på holdet lave 15 V-Ups *score Cal</p> <p>- 2 min pause -</p> <p>B. Team WOD Teams of 3 AMRAP 15 1 min. GTO 20/15 1 min. Renegade rows 1 min Box jumps *score Samlet reps for hele holdet</p>
lørdag den 12. januar 2019	<p>A. For Time 200 Double Unders 150 Wall Balls 100 Burpees 50 K2E</p> <p>*TC 30 min</p>

søndag den 13. januar 2019	<p>A. AMRAP 14 30 mountains climbers 30 slamballs 30 slamballs squats 30/20</p> <p>- 3 min rest -</p> <p>B. AMRAP 14 20 Burpees 20 T2B 20 KB swings 24/16</p>
mandag den 14. januar 2019	<p>A. AMRAP 8 11 Pullups 11 Boxjumps</p> <p>-Rest 3 min-</p> <p>B. AMRAP 8 9 Wallballs (Sort/Blå) 9 V-Ups</p> <p>-Rest 3min</p> <p>C. AMRAP 8 7 Atomic situps 7 KB swings (24/16)</p>

tirsdag den 15. januar 2019	<p>A. 2XAMRAP 5</p> <p>20 Double KB FR lunges 16/12 20 Double KB Clean 20 Burpees *5 min pause mellem AMRAPs</p> <p>- 2 min pause -</p> <p>B. For time 21-18-15-12-9-6-3 T2B DB Thrusters 20/15 Double unders *TC 15 min</p>
onsdag den 16. januar 2019	<p>A. AMRAP 6 15/12 Cal row 10 H.R Push Ups</p> <p>B. AMRAP 6 10 KB Cleans and Jerk 10 Pull Ups</p> <p>C. AMRAP 6 10 Sit Ups 10 G2OH (20/15)</p> <p>D. AMRAP 6 2 Wall Climbs 10 Jumping Lunges</p> <p>-3 min rest between</p>

torsdag den 17. januar 2019	<p>A. Every 2nd minute for 24 min 12 Russian Swings 32/24 8 C2B 6 Slamballs</p> <p>B. Finisher w. static holds</p>
fredag den 18. januar 2019	<p>A. AMRAP 20 In teams of 2 YGIG 9 Wallballs 6 Pullups 3 Double DB/KB thrusters</p> <p>B. Odd object finisher YGIG</p>
lørdag den 19. januar 2019	<p>A. AMRAP 12 14 KB Clean and Jerk (each hand) 7 pullups 7 Burpees</p> <p>- 3 min pause -</p> <p>B. EMOTM 12 1. min ME L-sit (paraletter) 2 min. 10 Jumping squats + 5 Burpees</p>

søndag den 20. januar 2019	<p>A. 8RFT 10 Burpees 10 T2B *TC: 12 min</p> <p>-3 min pause -</p> <p>B. 5RFT 15 KB Snatch 24/16 15 Sit Ups 15 KB Lunges 24/16 *TC 12 min</p>
mandag den 21. januar 2019	<p>A. AMRAP 8 11 Pullups 11 Boxjumps</p> <p>-Rest 3 min-</p> <p>B. AMRAP 8 9 Wallballs (Sort/Blå) 9 Double KB Turkish Sit Up</p> <p>-Rest 3min-</p> <p>C. AMRAP 8 7 Atomic situps 7 KB swings (32/24)</p>
tirsdag den 22. januar 2019	<p>EMOM 40 1 min 30 sek ME Boxjumps + 10 sek rest + 20 sek Hollow 2 min 10-12 OA DB Pushpress 20/15 3 min 10-12 Goblet squats 32/24 4 min rest</p>

onsdag den 23. januar 2019	<p>A. For time 150 air squats 100 reverse lunges 50 box jumps tc: 12 min</p> <p>B. 5 RFT 30 sek ME Pushups 30 sek plank 30 sek ME burpees 30 sek plank 30 sek ME atomic situps 30 sek plank</p>
torsdag den 24. januar 2019	<p>A. AMRAP 8 2-4-6-8... Renegaderows Goblet Squat with DB</p> <p>B. AMRAP 8 2-4-6-8.. G2OH with plate 25/15 Sit ups with plate 25/15</p> <p>C. AMRAP 8 2-4-6-8... KB Swings 24/16 Box Jumps</p> <p>4 min rest between</p>

fredag den 25. januar 2019

A. In Teams of 2
5 rounds for time:

22 KB swings 32/24
22 Box jump
2 min ME Mountain climbers (en arbejder en ligger i planke)
22 Burpees
22 Wall ball

*timecap: 35 min

lørdag den 26. januar 2019

A. AMRAP 7

5 Double DB Hang Power Clean
5 Double DB Thrusters

B. AMRAP 7

14 Slamballs
12 Pullups
10 Pushups

C. AMRAP 7

10 KB Swings 24/16
10 Burpees

*2 min rest between AMRAPs

søndag den 27. januar 2019

Against a running clock:

2 Rounds of:

21-15-9

Ring Rows
HR Pushups

-1 min rest-

21-15-9

DB Snatch to front squat
Weighted reverse lunges

-1 min rest-

21-15-9

Wall Balls

*10 burpees after each round of wall balls

-1 min rest-

*TC: 25 min

mandag den 28. januar 2019

A. For time

50-40-30-20-10

Wall Balls
Russian Swings

*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

tirsdag den 29. januar 2019

A. AMRAP 10

YGIG

10 KB swings 24/16
10 KB Thrusters 24/16

-2 min Rest-

B. AMRAP 10

YGIG

10 C2B
10 Clapping push ups
10 Jumping Lunges

C. AMRAP 6

Teams of 2

5 Syncro pushups
5 Syncro situps
5 Syncro Pullups
5 Syncro Jump Squats
5 Syncro Burpees

onsdag den 30. januar 2019

A. AMRAP 14

14 Wall Balls
14 Sit Ups w. wall ball
14 OH Lunges w. wall ball
14 Russian twist w. wall ball

-Rest 3 min-

B. AMRAP 14

14 OA KB Clean and Jerk 24/16
14 Goblet Squats 24/16
14 KB Deadlift 24/16