

# ØvetHold Februar 2019

Dato	Workout Of the Day
fredag den 1. februar 2019	<p><b>A. EMOM 10</b> 2 power cleans + 1 split jerk</p> <p><b>B. "Cindy"</b> <b>AMRAP 20</b> 5 Pull Ups 10 Push Ups 15 Squats</p>
lørdag den 2. februar 2019	<p><b>A. BackSquat</b> <b>5-5-5-5-5</b></p> <p><b>B. For time</b> <b>In teams of 2</b> 100 Double unders, 50 each 50 HSPU (partner holds a handstand) 50 T2B (partner hangs from bar) 50 S2OH (partner holds 2xKB in front rack) 50 Front Rack Lunges each *Vægt på stangen 60/40 kg timecap: 18 minutes</p>
torsdag den 3. januar 2019	<p><b>A. 20 min Work</b> 8 Deadlift 30 sek HS Hold 90 sek pause</p> <p><b>B. AMRAP 12</b> <b>3-6-9-12...</b> Squat Snatches 40/30 C2B</p>

## ØvetHold Februar 2019

mandag den 4. februar 2019	<p><b>A. 3 RFQ</b> 8-10 Strict HSPU 8-10 Lsit Chin ups</p> <p><b>B. AMRAP 5</b> 15 Thrusters 40/30 15 burpees over bar</p> <p><b>AMRAP 5</b> 15 Hang Clean 60/40 15 burpees over bar</p> <p><b>AMRAP 2</b> ME S2OH 40/30</p> <p>*2 min rest between AMRAPs</p>
tirsdag den 5. februar 2019	<p><b>A. EMOM 12</b> 1 Clean + 1 Front Squat + 1 Jerk</p> <p><b>B. 27-21-18-15-12-9-6-3</b> Double DB Thrusters (20/15) Burpees over DB *timecap: 20 min</p>
onsdag den 6. februar 2019	<p><b>A. EMOM 12</b> odd: 8-10 narrow grip bench press even 8-10 strict T2B</p> <p><b>B. AMRAP 15</b> 1 Legless Rope Climb 10 KB Snatch 24/16 20 Goblet Squats</p>

## ØvetHold Februar 2019

torsdag den 7. februar 2019

### **A. EMOM 12**

2 Front Squats

### **B. 3RFT**

20 Double DB Hang Squat Cleans

30 Box Jump over

20 OA DB S2OH

\*TC: 15 min

fredag den 8. februar 2019

### **Herowod Day!**

#### **A. "GEORGIE"**

##### **AMRAP 21**

7 Burpees

11 Pushups

22 KB Swings 24/16

Buy in: 65 situps

#### **B. Finisher med Squats**

## ØvetHold Februar 2019

lørdag den 9. februar 2019

### **A. Bear Complex**

#### **4 Rounds for load**

#### **7 Unbroken sets of:**

1 Power Clean + 1 Front Squat + 1 Push Press  
+1 Back Squat + 1 Push Press

### **B. AMRAP 5**

10 Cal Row  
2-4-6-.. HSPU

2 min rest

### **AMRAP 5**

10 Russian Swings 32/24  
2-4-6-... Bar Muscle Up

2 min rest

### **AMRAP 5**

20 Double Unders  
2-4-6-... Burpees

søndag den 10. februar 2019

### **A. EMOTM 12**

**Odd:** 10 Ring Dips + 10 sek Ring support hold

**Even:** 6-10 Strict pullups + 10 sek top of a pullups hold

### **B. EMOM 20**

1. 15 Wall Balls
2. 15 T2B
3. 15 DB Burpees
4. 15 Double KB Hang Power clean and Jerk

ØvetHold Februar 2019

mandag den 11. februar 2019	<p><b>A. 20 min Work up 2 a heavy 2 RM</b> Snatch</p> <p><b>B. AMRAP 15</b> 5 HSPU 10 Alt. Pistols 15 pullups</p>
tirsdag den 12. februar 2019	<p><b>A. Shoulderpress</b> 10-8-6-8-10</p> <p><b>B. EMOM 16</b> Odd: 8 Double DB DL + 4 Burpee DL + 3 Burpees Even: 8 Goblet squats + 3 Bar MU</p>
onsdag den 13. februar 2019	<p><b>A. 5 RFQ</b> 2-5 strict MU 5 Clean (AHAP)</p> <p><b>B. AMRAP 12</b> 5 pullups 10 Push ups 15 Air Squats</p>

ØvetHold Februar 2019

torsdag den 14. februar 2019	<p><b>A. 15 min to work with hs walk</b></p> <p><b>B. AMRAP 4</b> 10 cal row 6 burpee over rower</p> <p>1 min rest</p> <p><b>AMRAP 4</b> 30 DU 20 m Walking lunges</p> <p>1 min rest</p> <p><b>AMRAP 4</b> T2B</p>
fredag den 15. februar 2019	<p><b>A. 16 min continuous work</b> 25 Strict Ring dips 25 Burpees 25 Kipping Ring Dips 25 HR Pushups 25 TGU (Alternating)</p> <p><b>B. 10 min Work up 2 a heavy Clean</b></p>
lørdag den 16. februar 2019	<p><b>Benchmark day!</b> <b>A. "MARY"</b> <b>AMRAP 20</b> 5 HSPU 10 Pistols 15 Pullups</p> <p><b>B. Finisher with DU</b></p>

## ØvetHold Februar 2019

søndag den 17. februar 2019	<p><b>A. Front Squat</b> 8-8-8-8-8</p> <p><b>B. AMRAP 9</b> 3-6-9-... Clean and Jerk 60/40 Burpees over bar</p>
mandag den 18. februar 2019	<p><b>A. 4RFQ</b> 5 Deadlift 8-10 Deficit HSPU</p> <p><b>B. EMOM 15</b> 1. 12 OH Lunges 40/30 kg 2. 2-6 Muscle Ups 3. 50 Double Unders</p>

## ØvetHold Februar 2019

tirsdag den 19. februar 2019	<p><b>A. EMOM 12</b> 1 Snatch Pull + 1 Snatch</p> <p><b>B. AMRAP 5</b> Burpee BJ Overs</p> <p>- 2 min rest-</p> <p><b>C. AMRAP 5</b> 10 Wall Balls 5 Power Cleans 60/40 kg</p> <p>- 2 min rest -</p> <p><b>D. AMRAP 5</b> 10 DB Curls 10 Pushups</p>
onsdag den 20. februar 2019	<p><b>A. 4 RFQ</b> 4 Legless climbs 8-10 Ring pushups Tempo 3131</p> <p><b>B. AMRAP 17</b> 50 Double unders 10 Back Squats 60/45 10 Boxjumps (høj+25kgskive/høj)</p>
torsdag den 21. februar 2019	<p><b>A. Split Jerk</b> <b>2-2-2-2-2</b></p> <p><b>B. For time</b> 30 C2B 30 OH Squat 20 Bar MU 20 OH Squat 10 MU 10 OH Squat 50/35 kg</p> <p>timecap: 15 minutes</p>

Questions just send me an email: [jens@crossfys.dk](mailto:jens@crossfys.dk)



## ØvetHold Februar 2019

fredag den 22. februar 2019	<p><b>A. Benchpress</b> 5-5-5-5-5 *10 KB step ups between sets</p> <p><b>B. AMRAP 15</b> 30 DU 15 Double KB Clean and Jerk 24/16 30 DU 15 C2B</p>
lørdag den 23. februar 2019	<p><b>Herowod Day!</b> <b>A. "HAVANA"</b> <b>AMRAP 25</b> 150 Double Unders 50 Pushups 15 Power Cleans 85/55</p> <p><b>B. Finisher med Paraletts</b></p>
søndag den 24. februar 2019	<p><b>A. 12 minutes for quality</b> 30 sek ME Strict Pullups 10 m handstand walk</p> <p><b>B. 3x AMRAP 4</b> 24 Burpees 24 T2B</p> <p>2 min rest between</p>

## ØvetHold Februar 2019

mandag den 25. februar 2019

### **A. EMOM 14**

2 clean + 1 jerk

### **B. AMRAP 20**

5 Bar MU

10 Ring Push Ups

15 Jumping Squats

tirsdag den 26. februar 2019

### **A. 4RFQ**

8 Power Cleans

8 Front Rack Stepups

### **B. For time**

50 Wall Balls

40 DU

30 KB swings 32/24 kg

20 T2B

10 Power Snatches 50/35 kg

20 T2B

30 KB swings

40 DU

50 Wall Balls

\*TC 15 min

## ØvetHold Februar 2019

onsdag den 27. februar 2019

### **A. Skulderpres**

10-9-8-7-6-5-4-3-2-1

### **B. 3RFT**

10 Front Squats 70/50 kg

20 T2B

50 Double under

timecap: 12 min

torsdag den 28. februar 2019

### **A. EMOM 15**

**Odd:** 5-8 Bar MU

**Even:** 8-10 Back Rack Lunges

### **B. 5 rounds for time**

20 Burpees

10 Thrusters 60/40 kg