

Dato	Workout Of the Day
fredag den 1. februar 2019	<p>A. Teams of 3 9 rounds of 500 m row TC: 20 min Change every 500 m.</p> <p>B. 21-15-9 Front squats 50/40 42-30-18 Ab mat situps TC: 10 min</p>
lørdag den 2. februar 2019	<p>A. 5RFQ 5 Strict pullups w. Tempo (22X1) 5-10 Strict HSPU</p> <p>B. AMRAP 10 15 DB snatch 20/15 10 HR. Pushups</p>
søndag den 3. februar 2019	<p>A. Front squat 5x5 reps</p> <p>B. 2 rounds for time 99 Double unders 66 wall balls sort/blå 33 Burpees</p> <p>Rest 5 min TC: 17 min</p>
mandag den 4. februar 2019	<p>A. EMOM 12 1 Clean and jerk</p> <p>B. 10-9-8-7-6-5-4-3-2-1 DL@100 HSPU TC: 12 min</p>

tirsdag den 5. februar 2019	<p>A. EMOM 12 1+1 TGU</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>
onsdag den 6. februar 2019	<p>A. Deadlift 5x5 reps</p> <p>B. 4 rounds for time 25 Goblet squats 32/24 25 Situps TC: 15 min</p>
torsdag den 7. februar 2019	<p>A. 5RFQ 2x10 standing OA DB press 10 Pendlay rows</p> <p>B. AMRAP 10 10 Pullups 10 Toes 2 bar 20 FR Reverse lunges 30/20</p>
fredag den 8. februar 2019	<p>EMOM 32 1-2: Row 2-4: Burpees 4-6: Box step overs w. 2x12/8 kg KB 6-8: Plank pos.</p>

lørdag den 9. februar 2019	<p>A. EMOM 12 1 Pushpress + 1 push jerk + 1 split jerk</p> <p>B. 15-12-9 C2B Ring dips DL @ 80/55</p> <p>Rest 3 min and repeat</p>
søndag den 10. februar 2019	<p>A. Back squat 5x5 reps</p> <p>B. 25-20-15-10-5 OH squat 40/30 Toes 2 bar TC: 14 min</p>
mandag den 11. februar 2019	<p>A. Hip thrusts 5x10 reps</p> <p>B1. AMRAP 5 KB swings 32/24</p> <p>B2. 5 min pause</p> <p>B3. AMRAP 5 Row for cal</p>
tirsdag den 12. februar 2019	<p>A. 6RFQ 3 high box jumps 16 jumping lunges Rest as needed between rounds TC: 10 min</p> <p>B. AMRAP 9 3 Ring muscle ups 6 Hang power clean 60/40 30 Air squats</p>

onsdag den 13. februar 2019	<p>A. Dead lift 5x5 reps</p> <p>B. AMRAP 16 10 Pullups 20 Pushups 30 Air squat 2 min rest</p>
torsdag den 14. februar 2019	<p>A. EMOM 12 1 Power snatch + 1 hang power snatch</p> <p>B. 21-15-9 Thrusters 40/30 K2E TC: 8 min</p> <p>C. AMRAP 4 Wall balls sort/blå</p>
fredag den 15. februar 2019	<p>A. 10 min til at arbejde med HS walk</p> <p>B. AMRAP 8 10 KB snatch 24/16 20 Double unders</p> <p>2 min pause</p> <p>C. AMRAP 8 10 Box step overs w. 2xDB 15/10 10 Pullups</p>
lørdag den 16. februar 2019	<p>A. Back squat 5x5 reps</p> <p>B. 2 rounds for time 60 FR. Reverse lunges 30/20 30 Bar facing burpees</p> <p>3 min rest TC: 16 min</p>

søndag den 17. februar 2019	<p>A. 5RFQ 10 Romanian deadlift 10 Push press w. 1 sec pause in the top pos.</p> <p>B. 5 rounds for time 21 DB snatch 20/15 15 HR. Pushups 9 C2B TC: 16 min</p>
mandag den 18. februar 2019	<p><b>"The Hateful Eight"</b> 8 rounds for time 30/20 kg</p> <p>8 Hang power clean 8 Front squats 8 Toes 2 bar 8 Burpees 8 Thrusters 8 Backsquats 8 Chest to bar pullups 8 Burpees</p> <p>Timecap 35 min</p>
tirsdag den 19. februar 2019	<p>A. EMOM 12 2 Power clean</p> <p>B. 2 rounds for time 100 Double unders 15 Hang power clean 50/40 15 Thrusters 50/40</p> <p>Rest 4 min TC 18 min</p>
onsdag den 20. februar 2019	<p>A. Push press 10x2 reps</p> <p>B. <b>"9ARN"</b> AMRAP 9 9 HSPU 9 Chest 2 bar pullups</p>

torsdag den 21. februar 2019	<p>A. EMOM 10 2x3-5 KB windmills</p> <p>B. For time 50-40-30 Goblet squats 32/24 KB swings TC: 13 min</p> <p>C. Hollow body finisher</p>
fredag den 22. februar 2019	<p>A. 5RFQ 10 Seated KB press w. 2xKB 10 Chin ups</p> <p>B. AMRAP 8 Target Burpees</p> <p>C. Finisher w. Wall balls sort/blå</p>
lørdag den 23. februar 2019	<p>A. Deadlift 5x5 reps</p> <p>B. AMRAP 16 2 min on/2 min off 10 T2B 10 KB hang clusters 2x16/12</p>
søndag den 24. februar 2019	<p>A. EMOM 12 1 Power snatch + 2 OH squat</p> <p>B. 5 rounds for time 15 DB power cleans 2x20/15 12 HSPU 9 Pullup TC: 12 min</p>

mandag den 25. februar 2019	<p>A. EMOM 20 Lige: 2 Rope climbs Ulige: 10 pistols</p> <p>B. AMRAP 7 DB snatch 20/15 *OTM 20 Double unders</p>
tirsdag den 26. februar 2019	<p>"Frodes dag"</p> <p>A. EMOM 10 TGU 1+1</p> <p>B. AMRAP 17 30 Sit ups 20 KB squat clean thruster 16/12 15 box step overs w. 2x15/10 kg DB</p> <p>C. AMRAP 3 Burpees</p>
onsdag den 27. februar 2019	<p>A. 5RFQ 5-8 strict ring dips 5-8 chin ups</p> <p>B. 5 rounds for time 20 KB swings 24/16 20 Box jump overs TC: 15 min</p>
torsdag den 28. februar 2019	<p>AMRAP 35 100/66 cal row 100 Wall balls sort/blå 100 KB snatch 16/12 100 Burpees 100 Ab-mat sit ups</p>

Forkortelser

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