

Dato	Workout Of the Day
tirsdag den 1. januar 2019	<p>A. EMOTM 10 2 weighted pullups</p> <p>B. 10-9-8-7-6-5-4-3-2-1 Bench press @ 60/40 DL 80/55 TC: 15 min</p>
onsdag den 2. januar 2019	<p>A. AMRAP 20 Teams af 3 YGIG 30 Double unders 15 cal row</p> <p>B. 21-15-9 Burpee box jump over (høj+10 cm/lav + 10 cm) Goblet squat 32/4 TC 10 min</p>
torsdag den 3. januar 2019	<p>"René" 7 Rounds for time: - 400 meter run - 21 Lunges - 15 Pull ups - 9 Burpees</p> <p>"If possible with 10 kilo weight vest or body armor"</p> <p><i>Til ære for René</i></p> <p>Finisher: Tabata HR. Pushups</p>
fredag den 4. januar 2019	<p>A. Front squat 10x2 reps TC: 15 min</p> <p>B. 2xAMRAP 4</p> <p>10 KB swings 32/24 10 KB S2OH 10 Toes 2 bar</p> <p>2 min pause</p>

lørdag den 5. januar 2019	<p>A. EMOTM 12 Clean and jerk</p> <p>B. "The Trooper" AMRAP 15</p> <p>21 alt. dumbbell snatch 21. Burpees 21 Pullups 21 dumbbell squats</p> <p>DB: 30/20</p>
søndag den 6. januar 2019	<p>A. EMOTM 15 1+1 TGU</p> <p>B. 3 rounds for time 40 Wall balls sort/blå 100 Double unders TC: 14 min</p>
mandag den 7. januar 2019	<p>A. Deadlift 10x2 reps med reset</p> <p>B. EMOTM 16 1: All out row 2: rest 3: 12 lunges med 24/16 kg KB og 10 Situps 4: rest</p>
tirsdag den 8. januar 2019	<p>A. 5 RFQ 2x10 DB press fra bunden af lunge 10 tempo ring rows (22X0)</p> <p>B. AMRAP 11 12 pistols 11 S2OH 50/35 10 chest to bar</p>

onsdag den 9. januar 2019	<p>Teams af 3 AMRAP 24 2 min roning 2 min walking burpees 2 min rest</p> <p>Score = cal + reps for holdet</p> <p>Finisher: AMRAP 6 KB swings 24/16</p>
torsdag den 10. januar 2019	<p>A. 10x1+1 Power jerk + split jek TC 15 min</p> <p>B. 30 front squats for time 70/50 (fra gulv eller fra rack) TC 4 min</p> <p>C. AMRAP 7 Target burpees</p>
fredag den 11. januar 2019	<p>A. Back squat 10x2 reps</p> <p>B. 5 rounds for time 15 box jump overs høj/lav 30 KB snatch 24/16 TC: 14 min</p>
lørdag den 12. januar 2019	<p>A. Hip thrusts 5x10 reps</p> <p>B. AMRAP 10 10 Target burpees 10 DL @ 80/55 50 Double unders</p>
søndag den 13. januar 2019	<p>A. 5 rounds for height and load 10 KB swings 3 box jumps TC: 8 min</p> <p>B. AMRAP 12 12 HSPU 12 T2B 12 Front squats 50/35</p>

mandag den 14. januar 2019	<p>A. Deadlift 10x2 reps med reset</p> <p>B. 2 rounds for time 20 OH squat 40/30 30 HR. pushups 20 C2B</p> <p>4 min pause mellem runderne TC: 17 min</p>
tirsdag den 15. januar 2019	<p>A. EMOTM 12 1 power snatch + 1 hang snatch</p> <p>B. 3 rounds for time 60 Double unders 40 Wall balls 20 K2E TC: 14 min</p>
onsdag den 16. januar 2019	<p>A. 10 min til at arbejde med HS walk</p> <p>B. "Elizabeth" 21-15-9 Power cleans 60/40 Ring dips TC: 12 min</p> <p>C. Hollow body finisher</p>
torsdag den 17. januar 2019	<p>A. Back squat 10x2 reps</p> <p>B. 3 rounds for time 21 Burpees 15 KB swings 32/24 9 Box jump overs</p> <p>2 min rest between rounds TC: 15 min</p>

fredag den 18. januar 2019	<p>A. 5 RFQ 20 FR reverse lunges 10 Push press med 2xKB</p> <p>B. 21-15-9-6-3 Chest to bar pullups DB snatch 20/15 Wall balls sort/blå TC: 15 min</p>
lørdag den 19. januar 2019	<p>AMRAP 15 75 Double unders 50 situps 25 Goblet squats 24/16</p> <p>3 min pause</p> <p>AMRAP 15 21/16 cal row 15 box step overs w. 2xDB/KB (ca. 20/15 kg i alt)* 9 Target burpees</p> <p>*vælg en vægt som gør det muligt at gå nogenlunde unbroken i alle runder.</p>
søndag den 20. januar 2019	<p>A. EMOTM 12 2 Power clean</p> <p>B. 15-12-9 Power clean 60/40 HSPU</p> <p>5 min rest</p> <p>C. 100 T2B for time</p> <p>TC: 20 min</p>
mandag den 21. januar 2019	<p>A. EMOTM 15 2 Push press</p> <p>B. AMRAP 12 8 pullups 16 KB snatch 24/16 24 air squats</p>

tirsdag den 22. januar 2019	<p>A. Bulgarian split squats med DB/KB som suitcases 4 sæt af 2x10</p> <p>B. AMRAP 12 Teams af 2 YGIG 10 Burpees 30 Double unders</p> <p>C. Hollow body finisher</p>
onsdag den 23. januar 2019	<p>A. 3RFQ 2x20 Seated KB press 8-10 Chin ups</p> <p>B. "Violator" For reps Nå så langt som muligt hver runde AMRAP 4 3,6,9,12... Thrusters 40/30 KB swings 32/23 Ab-mat situps</p> <p>Gentag 3 gange med 2 minutters pause mellem hver AMRAP. I alt: 16</p>
torsdag den 24. januar 2019	<p>A. Deadlift 10x2 med reset</p> <p>B. 21-15-9 HSPU Cal row TC: 5 min</p> <p>5 min rest</p> <p>C. AMRAP 5 KB snatch 24/16</p>
fredag den 25. januar 2019	<p>A. EMOTM 12 2 Power snatch</p> <p>B. "Fran" Thrusters 42/29 Pullups TC: 7 min</p> <p>C. Hollow body finisher</p>

lørdag den 26. januar 2019	<p>A1. 10 min til at arbejde med rope climbs</p> <p>A2. AMRAP 10 20 KB clean 32/24 10 HR. Pushups 2 Rope climbs</p> <p>B. Max reps!</p> <p>2 min goblet squats 1 min pause 2 min double unders 1 min pause 2 min burpees</p>
søndag den 27. januar 2019	<p>A. Back squat 10x2 reps</p> <p>B. 1000 m row for time TC: 5 min</p> <p>6 min pause</p> <p>C. AMRAP 5 Burpees</p>
mandag den 28. januar 2019	<p>A. 5RFQ 8-12 Ring dips 3 weighted Chin ups</p> <p>B. 5 rounds for time 10 C2B 16 pistols TC: 10 min</p>
tirsdag den 29. januar 2019	<p>AMRAP 30 20 cal row 50 Double unders 20 burpees 20 DB snatch 20/15 20 box step overs med sandsæk på nakken</p> <p>Finisher: 250 m row</p>

onsdag den 30. januar 2019	<p>A. EMOTM 12 1 hang snatch</p> <p>B. AMRAP 4 10 OH squat 40/30 15 HR. pushups</p> <p>4 min pause</p> <p>AMRAP 4 10 T2B 30 air squats</p>
torsdag den 31. januar 2019	<p>A. 21-15-9 Bench press @ 2/3 BW HSPU TC: 12 min</p> <p>B. 5 rounds for time 10 DL 80/5 10 pullups TC: 10 min</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