

Marts

Date	Strength/Skill	Skipper	Matros
1	Back Squat (80-85%) 3-3-3-3-3-3	Open Workout 16.5 For time, 21-18-15-12-9-6-3 - Thrusters (40/25) - Barbell Facing Burpees	Ditto Scale Thrusters to Front Squats
2		For time, Ladder, 7->1 reps of - Push Press (50/35) - OHS (50/35) - Barfacing Burpees	For time, Ladder, 7->1 reps of - Push Press (40/25) - Front Squat (40/25) - Barfacing Burpees
3	Tehnique: Power Snatch	3 RFT - 5 Ring MU - 10 Power Snatches (50/35) - 25 Box Jumps	3 RFT - 10 Pullups - 25 KBS (24/16) - 25 Box Jumps
4	Crossfit Open 17.2		
5	Shoulder Press (55-65%) 8-8-8-8-8	3&3, For time - 1500 m row - 100 HSPU - 1500 m row	Ditto
6	E30SOS, 10 min - 4-6 Alternating Pistols	AMRAP 20 (4 rounds of the following) - Min 1: Row (Cal) - Min 2: WB (10/6) - Min 3: Wall Slams - Min 4: Pullups - Min 5: Push Press (50/35) <i>Let 5 start on the rower, 5 on WBs and 5 on Pullups.</i>	Ditto
7	Deadlift (75-85%) 5-5-5-5-5	For total time 2 Rounds of: - 30 OHW lunges (15/10) - 15 Pushups - 30 Step ups w plate (15/10) - 15 Pushups ---then--- 2 Rounds of: - 25 KBS (24/16) - 12 HSPU	Ditto Scale HSPU to 60 sec total handstand hold

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8	EMOM10 - 2-3 Wall Climbs	For time - 70 DU - 60 WB - 50 T2B - 40 Box jumps - 30 Goblet Squats (24/16) - 20 Pistols (alternating) - 10 Ring MU	Scale MU ->x2 Strict Pullups
9	Front Squat - 1 RM	AMRAP 12 - 10 WB (10/6) - 20 DU	Ditto
10		EMOM 12, 2RFQ - Min 1: 5 Power Snatches (50/35)+5 T2B - Min 2: 10 Burpees - Min 3: 5 C&J (50/35)+5 T2B - Min 4: 10 Burpees - Min 5: 5 Thrusters (50/35)+5T2B - Min 6: 10 Burpees	EMOM 12, 3RFQ - Min 1: 10 KBS (24/16)+5 T2B - Min 2: 10 Burpees - Min 3: 10 Goblet Squats (24/16)+5T2B - Min 4: 10 Burpees
11	Crossfit Open 17.3		
12		AMRAP 25 - 20 Pull-Ups - 30 Air Squats - 40 Plank K2E - 90 DU	Ditto
13	Power Clean (80-85%) 3-3-3-3-3	AMRAP 14 - 11 Deadlifts (100/70) - 11 WB (10/6) - 11 T2B - 11 HSPU	AMRAP 14 - 11 Deadlifts (70/45) - 11 WB (6/4) - 11 Situps - 11 Pushups
14		EMOM 16 Use 40% 1RM back squat OR 50% 1RM front squat, whichever is higher - Even: 4 Front Squats - Odd: 8 Back Squats <i>Bar may be racked or taken from the ground.</i> <i>Use (60/40) as baseline if you don't know your max)</i>	Ditto

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15	Clean+Push Jerk, TnG 3-3-3-3-3	3&3, For time, 30/20/10 - Row (Cal) - Wall Slams (6/4) <i>Athlete 2 may begin on the rower as soon as number 1 finishes the 30 calories.</i>	Ditto
16		3 RFT - 20 Pullups - 30 Pushups - 40 Sit-Ups - 50 Air Squats	Ditto
17	Back Squat (85-95%) 2-2-2-2-2	AMRAP 5, 2 min rest, 3 RFR - 10 OHS (50/35) - 10 Pullups	Replace OHS with Front squat from rack
18	Crossfit Open 17.4		
19	Snatch Complex, AHAP, 15 min - 2xSnatch grip DL - 1xHang full snatch - 1xFull Snatch	Benchmark: Karen, For time - 150 WB (10/6)	Ditto
20	Handstand walk/hold	For time, 21-15-9 - Target Burpees - Wallball (10/6) - C2B Pullups	Scale C2B to Seated Barbell Pullups (with chest contact)
21	Push Press (75-85%) 5-5-5-5-5	5 RFR, 40 sec on / 20 sec off - S2OH (60/40) - Burpee Box Jumps - T2B - Back Squat (60/40) <i>During the 20 sec rest, prepare for next exercise.</i> <i>The workout takes 20 minutes</i>	Ditto Barbell may be taken from the rack
22		Dead Legs - 15 Thrusters (40/25) - 30 Lunges (40/25) - 90 DU - 30 Lunges (40/25) - 15 Thrusters (40/25) <i>The lunges are done with the barbell resting in the back squat position.</i>	Scale thrusters to front squats

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23		2&2, AMRAP 2/exercise, 2 RFR - Rope climbs - DU - Burpees - DB Snatches (22,5/15) - Assault Bike (Cal) - T2B - Box Jumps - OH Lunges (15/10) <i>Rotate every 2 minutes. Teams alternate as needed during each exercise.</i>	Ditto
24	Front Squat (75-85%) 5-5-5-5-5	AMRAP 8 - 9 Burpees - 7 KBS (24/16) - 5 Goblet Squats (24/16)	Ditto
25	Crossfit Open 17.5		
26	Shoulder Press (55-65%) 8-8-8-8-8	3 RFT - 21 Box Jumps - 12 Thrusters (40/25) - 3 Ring MU	3 RFT - 21 Box Jumps - 12 Front Squats from rack (40/25) - 9 Pullups
27		EMOM20 - Min 1: 15 Pullups - Min 2: 40 DU - Min 3: 30 Walking Lunges - Min 4: 40 DU	Ditto Scale pullups to seated barbell pullups
28	Deadlift (85-95%) 3-3-3-3-3-3	AMRAP 10 - 10 Deadlifts (100/70) - 15 HR Pushups - 20 Ab-Mat Sit-Ups	Ditto
29	Technique: OHS	7 RFT - 10 OHS (50/35) - 50 DU	Replace OHS with Front squat only if lighter OHS are impossible.
30		4 RFT, 2 min rest between rounds - 25 T2B - 50 DU - 15 Squat Clean (60/40)	4 RFT, 2 min rest between rounds - 25 Wall slams (10/6) - 50 DU - 25 WB (10/6)

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31	Turkish Get-Ups	For total time 2 Rounds of: -15 KBS (32/24) -12 Goblet Squats (32/24) -9 HSPU ---then--- 2 Rounds of: -30 RU KBS (32/24) -20 Jump Squats -10 HR Pushups	Replace HSPU with 30 sec handstand hold