



Carabao WODs

Workout 1: 26. August 2020

Strength/Skill:

5x5 Front Squat

WOD:

5 RFT

8 Power Clean 55kg/40kg

10 Dip

200m Run



Carabao WODs

Workout 2: 27. August 2020

Strength/Skill:

5x20 Single-Leg Squat

For quality

WOD:

RFT Varying Reps

21-18-15-12-9-6-3	Wall Ball	10kg/8kg
-------------------	-----------	----------

21-18-15-12-9-6-3	Push-up	
-------------------	---------	--

21-18-15-12-9-6-3	Pull-up	
-------------------	---------	--

21-18-15-12-9-6-3	AbMat Sit-up	
-------------------	--------------	--



Workout 3: 28. August 2020

Strength/Skill:

5x5 Snatch

WOD:

RFT Varying Reps

21-15-9 Kettlebell Snatch 20kg/14kg

21-15-9 Kettlebell Snatch 20kg/14kg

21-15-9 Pull-up

First left, then right



Workout 4: 31. August 2020

Strength/Skill:

5x5 Shoulder Press

WOD:

5 RFT

7 Devil Press 20kg/12kg

10 Renegade Row 20kg/12kg

20m Farmer Carry 32kg/24kg



Workout 5: 02. September 2020

Strength/Skill:

5x10 Bulgarian Split Squat

5 pro Bein

WOD:

20:00min AMRAP

5 Pull-up

10 Push-up

15 Air Squat

Cindy



Carabao WODs

Workout 6: 03. September 2020

Strength/Skill:

1x[..] Muscle-up

Progression üben

WOD:

6 RFT

7 Deadlift

80kg/60kg

8 Box Jump Over

10 Single Dumbbell Overhead Squat

20kg/15kg



Workout 7: 04. September 2020

Strength/Skill:

5x5 Clean & Jerk

WOD:

2x3:00min AMRAP Repeat

7 Thruster 43kg/30kg

7 Burpee

1min rest between rounds



Workout 8: 07. September 2020

Strength/Skill:

5x5 Snatch Balance

WOD:

5 RFT

3 Rope Climb

12 Kettlebell Swing 32kg/24kg

400m Run



Workout 9: 09. September 2020

Strength/Skill:

5x8 Bent Over Barbell Row

WOD:

18:00min AMRAP

3 Bear Complex 55kg/45kg

5 Wall Walk

8 Weighted Box Step-up 23kg/15kg



Carabao WODs

Workout 10: 10. September 2020

Strength/Skill:

4x8 Back Squat

WOD:

RFT Varying Reps

21-18-15-12-9-6-3

21-18-15-12-9-6-3

1-1-1-1-1-1-1

Kettlebell Clean

Hip Thrust

Turkish Get-up

24kg/16kg

24kg/16kg

24kg/16kg



Workout 11: 11. September 2020

Strength/Skill:

5x[..] Skin-the-cat

3-5 Wiederholungen

WOD:

20:01min AMRAP

11 Jackknife

11 Burpee

11 Dumbbell Snatch 23kg/15kg

11 Toes-to-bar

11 Box Jump

11 Handstand Push-up

11 Thruster 43kg/30kg

11 Push Press 43kg/30kg

11 Pull-up



Carabao WODs

Workout 12: 14. September 2020

Strength/Skill:

5x[..] Kettlebell Clean

6-10 Reps

WOD:

RFT Varying Reps

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

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

30sec

Double Kettlebell Front Rack Lunge

Dip

Plank Hold

40kg/32kg



Workout 13: 16. September 2020

Strength/Skill:

5x3 Snatch

WOD:

4 RFT

9 Push-up

15 AbMat Sit-up

21 Air Squat



Carabao WODs

Workout 14: 17. September 2020

Strength/Skill:

5x8 Bench Press

WOD:

20:00min AMRAP

400m Run

Max Reps Pull-up

"Nicole"



Workout 15: 18. September 2020

Strength/Skill:

5x3 Deadlift

WOD:

20:00min AMRAP

9 Power Clean 55kg/40kg

12 Knees-to-elbow

15 Burpee



Workout 16: 21. September 2020

Strength/Skill:

4x8 Front Squat

WOD:

16:00min AMRAP with Buy-in

Buy-In: 90

Push-up

9

Pull-up

19

Alternating Dumbbell Clean & Jerk

23kg/15kg

30

Double Under



Workout 17: 23. September 2020

Strength/Skill:

5x[..] Handstand Push-up

WOD:

8 RFT

20m Bear Crawl

20 Kettlebell Swing 32kg/24kg

20 Wall Ball 10kg/8kg



Carabao WODs

Workout 18: 24. September 2020

Strength/Skill:

5x5 Squat Clean

WOD:

5 RFT

500m Run

15 Overhead Squat 83kg/55kg

15 Bar Facing Burpee



Carabao WODs

Workout 19: 25. September 2020

Strength/Skill:

5x5 Weighted Strict Pull-up

WOD:

RFT Varying Reps

21-18-15-12-9-6-3

Front Rack Lunge

55kg/40kg

21-18-15-12-9-6-3

Box Jump

3-3-3-3-3-3-3

Rope Climb

After each round do 3 rope climbs



Workout 20: 28. September 2020

Strength/Skill:

5x10 Dumbbell Military Press

5 per side

WOD:

20:00min AMRAP

10 Burpee

10 Toes-to-bar

20m Farmer Carry 2x32kg/2x24kg



Workout 21: 30. September 2020

Strength/Skill:

5x5 Deadlift

WOD:

5 RFT

10 Renegade Row

20kg/16kg

15 Double Kettlebell Swing

2x20kg/2x16kg

20 Goblet Squat

20kg/16kg



Workout 22: 01. Oktober 2020

Strength/Skill:

5x[..] Muscle-up

Progression

WOD:

5 RFT

10m Sled Pull 75kg/50kg

10m Sled Push 75kg/50kg

7 Dip

7 Pull-up

7 Push-up

With weighted vest (20lb/14lb)



Carabao WODs

Workout 23: 05. Oktober 2020

Strength/Skill:

5x5 Clean & Jerk

WOD:

RFT Varying Reps

21-15-9 Push-up

21-15-9 Alternating Dumbbell Snatch

22.5kg/15kg

21-15-9 Double Under



Workout 24: 07. Oktober 2020

Strength/Skill:

5x5 Bench Press

WOD:

5 RFT

6 Handstand Push-up

12 Burpee

24 Dumbbell Walking Lunge 2x15kg/2x10kg



Workout 25: 09. Oktober 2020

Strength/Skill:

5x[..] Skin-the-cat

WOD:

20:00min AMRAP Ascending reps

3-6-9-12-... Thruster 42.5kg/30kg

3-6-9-12-... Pull-up

3-6-9-12-... Box Jump

Add 3 reps each round



Workout 26: 12. Oktober 2020

Strength/Skill:

5x[..] Single-Leg Squat

WOD:

7 RFT

10 Hang Power Clean 55kg/40kg

10 Deadlift 80kg/60kg

10 Toes-to-bar



Workout 27: 14. Oktober 2020

Strength/Skill:

5x5 Snatch Deadlift

WOD:

5x3:00min AMRAP Repeat

3 Push Press 45kg/30kg

6 Burpee

9 Air Squat

1min rest between rounds



Carabao WODs

Workout 28: 16. Oktober 2020

Strength/Skill:

5-5-3-3-3-1-1-1 Back Squat

WOD:

6 RFT

3 Rope Climb

10 Weighted Box Step-up 22.5kg/15kg

16 Single Arm Kettlebell Swing 24kg/16kg



Workout 29: 19. Oktober 2020

Strength/Skill:

5x8 Deadlift

WOD:

RFT Varying Reps

21-15-9 Thruster 42.5kg/30kg

21-15-9 Pull-up

"Fran": Choose weight to finish in under 7min



Workout 30: 21. Oktober 2020

Strength/Skill:

5x[..] Turkish Get-up

WOD:

20:00min AMRAP

8 Toes-to-ring

16 Air Squat

32 Double Under



Carabao WODs

Workout 31: 23. Oktober 2020

Strength/Skill:

5x5 Squat Clean

WOD:

10 RFT

7 Handstand Push-up

10 Front Rack Lunge 60kg/45kg



Workout 32: 26. Oktober 2020

Strength/Skill:

5x10 Bench Press

WOD:

18:00min AMRAP

8 Alternating Dumbbell Snatch

25kg/17.5kg

8 Burpee

10 Bent Over Barbell Row

60kg/45kg



Workout 33: 28. Oktober 2020

Strength/Skill:

5x3 Front Squat

WOD:

6 RFT

15 Pull-up

10m Single Arm Dumbbell Overhead Walking Lunge 25kg/17.5kg

15 Push-up

10m Single Arm Dumbbell Overhead Walking Lunge 25kg/17.5kg



Workout 34: 30. Oktober 2020

Strength/Skill:

5x[..] Pull-up

Kipping, Butterfly, Strict üben

WOD:

Chipper

200 Double Under

40 Alternating Pistol

80 Push-up

120 AbMat Sit-up

200 Double Under



Workout 35: 25. Mai 2021

Strength/Skill:

5x5 Deadlift

WOD:

18minmin AMRAP Ascending reps

1-2-3-...	Kettlebell Swing	32kg/24kg
-----------	------------------	-----------

1-2-3-...	Burpee	
-----------	--------	--



Carabao WODs

Workout 36: 26. Mai 2021

Strength/Skill:

5x5 Squat Clean

WOD:

6 RFT

7 Front Squat

60kg/40kg

10 Single Dumbbell Hang Clean & Jerk

23kg/15kg

30 Double Under

Skalierung: 90 Single Under



Carabao WODs

Workout 37: 27. Mai 2021

Strength/Skill:

5x3 Shoulder Press

WOD:

RFT Varying Reps

21-18-15-12-9-6-3

Box Jump

21-18-15-12-9-6-3

Medicine Ball Sit-up

10kg/8kg



Workout 38: 28. Mai 2021

Strength/Skill:

5x[..] Handstand Push-up

Skalieren mit Pike o. Box HSPU (3-5 Reps pro Set)

WOD:

3x5minmin AMRAP Repeat

5 Bar Facing Burpee

5 Thruster 43kg/30kg

5 Tire Sledgehammers

1min break between rounds



Workout 39: 31. Mai 2021

Strength/Skill:

4x8 Front Squat

3-4 Aufwärmätze um Gewicht zu finden

WOD:

8 RFT

7 Pull-up

10 Alternating Dumbbell Snatch

23kg/15kg

20m Suitcase Carry

32kg/24kg



Workout 40: 02. Juni 2021

Strength/Skill:

5x5 Snatch Deadlift

WOD:

20:00min AMRAP

10 Weighted Box Step-up 23kg/15kg

10 Toes-to-bar

400m Run

Step-ups mit einer Dumbbell, 5 pro Bein



Workout 41: 04. Juni 2021

Strength/Skill:

5x5 Bench Press

WOD:

5 RFT with Buy-In/Buy-Out

Buy-In: 500m

Run

3

Rope Climb

6

Push Press

50kg/38kg

9

Goblet Squat

24kg/16kg

Buy-Out: 100

Double Under



Carabao WODs

Workout 42: 07. Juni 2021

Strength/Skill:

5x[..] Pull-up

Kipping und/oder Strict üben

WOD:

18:00min AMRAP

10 Dip

10 Wall Ball

10kg/8kg

10 Single Dumbbell Overhead Lunge

25kg/17.5kg

Lunges 5 pro Bein



Workout 43: 09. Juni 2021

Strength/Skill:

5x10 Bulgarian Split Squat

5 links/5 rechts

WOD:

4 RFT

20 Single Arm Kettlebell Swing

24kg/16kg

20 Renegade Row

24kg/16kg

20 Burpee



Carabao WODs

Workout 44: 11. Juni 2021

Strength/Skill:

5x3 Snatch

WOD:

RFT Varying Reps

18-15-12-9-6-3

Dumbbell Thruster

2x20kg/2x15kg

200m

Run

Run after each round



Workout 45: 14. Juni 2021

Strength/Skill:

5x[..] Kettlebell Swing

Grundlagen üben

WOD:

20:00min AMRAP

9 Deadlift 80kg/60kg

12 Box Jump

15 Push-up



Workout 46: 16. Juni 2021

Strength/Skill:

4x8 Bent Over Barbell Row

WOD:

6 RFT

20m Farmer Carry 2x32kg/2x24kg

7 Pull-up

10 Jackknife



Workout 47: 18. Juni 2021

Strength/Skill:

5x3 Back Squat

WOD:

15:00min AMRAP

5 Wall Walk

10 Knees-to-elbow

15 Air Squat



Workout 48: 21. Juni 2021

Strength/Skill:

5x5 Clean & Jerk

WOD:

RFT Varying Reps

21-18-15-12-9	Front Rack Lunge	55kg/40kg
---------------	------------------	-----------

21-18-15-12-9	AbMat Sit-up	
---------------	--------------	--

5	Strict Handstand Push-up	
---	--------------------------	--

5 HSPU after each round (scale with Pike PU)



Workout 49: 23. Juni 2021

Strength/Skill:

5x[..] Skin-the-cat

Skin-the-cat üben, ca. 5x3

WOD:

4 RFT

400m Run

10 Burpee Box Jump

15 Power Clean 55kg/40kg



Workout 50: 25. Juni 2021

Strength/Skill:

5x10 Dumbbell Military Press

Single dumbbell press, 5 each side

WOD:

20:00min AMRAP

2 Legless Rope Climb

5 Devil Press 2x17.5kg/2x12.5kg

8 Wall Ball 10kg/8kg



Workout 51: 28. Juni 2021

Strength/Skill:

5-5-3-3-1-1-1-1-1 Deadlift

Find 1 Rep Max

WOD:

Chipper

100 Bear Complex 45kg/30kg

20 Push-up

*With a partner: Partner A macht Bear Complex. Wenn die Stange abgesetzt wird, machen beide PU.
Dann macht Partner B weiter mit Bear complex*



Workout 52: 30. Juni 2021

Strength/Skill:

5x5 Snatch Balance

WOD:

6 RFT

10 Russian Twist

24kg/16kg

10 Weighted Box Step-up

22.5kg/15kg

10 Double Kettlebell Swing

2x24kg/2x16kg

Step-ups mit einer Dumbbell



Workout 53: 02. Juli 2021

Strength/Skill:

5x[..] Turkish Get-up

Fokus auf Skill, ca. 5 Sätze mit 1-2 Wiederholungen pro Seite

WOD:

18:00min AMRAP

10m Bear Hug Carry 50kg/30kg

10 Thruster 45kg/32.5kg

10 Burpee Over Bar



Workout 54: 05. Juli 2021

Strength/Skill:

5x8 Bench Press

WOD:

7 RFT

5 Push Press 55kg/40kg

7 Dip

9 Pull-up



Carabao WODs

Workout 55: 07. Juli 2021

Strength/Skill:

5x3 Back Squat

Darauf achten, dass die Leute genug Gewicht nehmen. Ca. 2-3min Pause zwischen 2 Sätzen

WOD:

RFT Varying Reps

21-18-15-12-9-6-3

Knees-to-elbow

21-18-15-12-9-6-3

Alternating Dumbbell Snatch

22.5kg/15kg



Workout 56: 09. Juli 2021

Strength/Skill:

5x5 Clean High Pull

WOD:

20:00min AMRAP Ascending reps

3-6-9-... Deadlift 70kg/50kg

3-6-9-... Box Jump

3-6-9-... Goblet Squat 24kg/16kg

Add 3 reps every round



Carabao WODs

Workout 57: 12. Juli 2021

Strength/Skill:

5x[..] Single-Leg Squat

Pistols üben: Progression mit Kiste, Gegengewicht etc.

WOD:

5x3:00min AMRAP Repeat

6 Alternating Dumbbell Clean & Jerk 25kg/17.5kg

6 Burpee

6 Single Dumbbell Overhead Lunge 25kg/17.5kg

1min break between rounds



Carabao WODs

Workout 58: 14. Juli 2021

Strength/Skill:

5x5 Split Jerk

WOD:

8 RFT

10 Double Kettlebell Front Rack Lunge

20kg/16kg

10 Renegade Row

20kg/16kg

10 Double Kettlebell Push Press

20kg/16kg



Workout 59: 16. Juli 2021

Strength/Skill:

5x10 Back Rack Barbell Lunge

5 pro Bein

WOD:

Chipper

400m Weighted Run 10kg/8kg

30 Power Snatch 42.5kg/30kg

400m Weighted Run 10kg/8kg

30 Power Clean 42.5kg/30kg

400m Weighted Run 10kg/8kg

30 Back Squat 42.5kg/30kg

400m Weighted Run 10kg/8kg

Use med ball for run. Carry as you like (shoulder, bear hug...)



Workout 60: 19. Juli 2021

Strength/Skill:

5x5 Squat Clean

WOD:

RFT Varying Reps

21-15-9 Pull-up

21-15-9 Wall Ball 10kg/8kg

21-15-9 Jackknife

Kurz und knackig, das sollte nicht länger als 10min dauern



Workout 61: 21. Juli 2021

Strength/Skill:

5x[..] Handstand Push-up

Üben: Strict mit Kiste. Wer strict kann übt Kipping

WOD:

20:00min AMRAP

10 Toes-to-bar

15 Push-up

50 Double Under



Workout 62: 26. Juli 2021

Strength/Skill:

5x5 Overhead Squat

WOD:

6 RFT

3 Rope Climb

6 Wall Walk

9 Dip



Carabao WODs

Workout 63: 28. Juli 2021

Strength/Skill:

5x3 Deadlift

WOD:

18:00min AMRAP Ascending reps

1-2-3-...	Double Kettlebell Swing	24kg/16kg
-----------	-------------------------	-----------

1-2-3-...	Double Kettlebell Clean	24kg/16kg
-----------	-------------------------	-----------



Workout 64: 02. August 2021

Strength/Skill:

8-8-5-5-5-3-3-3-1-1

Snatch

Find 1 RM max

WOD:

RFT Varying Reps

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

Push Press 55kg/40kg

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

Burpee

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

Hip Thrust 32kg/24kg



Workout 65: 04. August 2021

Strength/Skill:

5x[..] Rope Climb

Rope climbs üben (mit Füßen, ohne usw.)

WOD:

5 RFT

5 Chin-up

10 Thruster 42.5kg/30kg

120m Farmer Carry 2x24kg/2x16kg



Workout 66: 09. August 2021

Strength/Skill:

5x5 Weighted Strict Pull-up

WOD:

21:00min AMRAP

3 Strict Handstand Push-up

6 Dumbbell Snatch 25kg/17.5kg

9 Knees-to-elbow

12 Hand Release Push-ups



Workout 67: 11. August 2021

Strength/Skill:

5x3 Front Squat

WOD:

10 RFT

8 Ground-to-Overhead 42.5kg/30kg

10 AbMat Sit-up

20 Double Under



Workout 68: 16. August 2021

Strength/Skill:

5x5 Snatch High Pull

WOD:

FGB: 3 rounds, 1min per station

Ski Erg Calorie

Box Jump

Deadlift 70kg/50kg

Goblet Squat 24kg/18kg

Kettlebell Overhead Carry 24kg/16kg

1min break between rounds



Workout 69: 18. August 2021

Strength/Skill:

5x[..] Double Under

DU üben

WOD:

20:00min AMRAP

10 Weighted Box Step-up 2x22.5kg/2x15kg

15 Pull-up

200m Ski Erg



Carabao WODs

Workout 70: 23. August 2021

Strength/Skill:

4x8 Bench Press

WOD:

10 RFT

7 Assault Bike Calorie

10m Bear Hug Carry 50kg/30kg

10 Burpee

10 Toes-to-bar

Time Cap: 25min



Workout 71: 25. August 2021

Strength/Skill:

4x8 Back Squat

WOD:

5x3:00min AMRAP Repeat

3 Thruster 50kg/35kg

6 Push-up

9 Kettlebell Swing 32kg/24kg



Carabao WODs

Workout 72: 30. August 2021

Strength/Skill:

5x5 Tall Clean

WOD:

4 RFT

10 Wall Ball

10kg/8kg

10 Alternating Dumbbell Clean & Jerk

25kg/17.5kg

10 Jackknife



Workout 73: 01. September 2021

Strength/Skill:

5x[..] Skin-the-cat

Progression üben

WOD:

18:00min AMRAP

7 Pull-up

7 Power Snatch 42.5kg/30kg

200m Run



Carabao WODs

Workout 74: 03. September 2021

Strength/Skill:

4x8 Bent Over Barbell Row

WOD:

RFT Varying Reps

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

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

15

After each round 15 calories

Clean

Double Kettlebell Front Rack Lunge

Calorie Bike/Row/Ski

60kg/45kg

2x24kg/2x16kg



Workout 75: 06. September 2021

Strength/Skill:

5x3 Pause Front Squat

3sec at the bottom

WOD:

7 RFT

3 Wall Walk

5 Double Dumbbell Clean&Jerk

2x25kg/2x17.5kg

7 Burpee Box Jump



Workout 76: 08. September 2021

Strength/Skill:

5x3 Snatch Balance

WOD:

18:00min AMRAP with Buy-in

Buy-in: 150 Double Under

10 Back Squat 55kg/40kg

10 Renegade Row 24kg/16kg

10 Dip

DU scaling: scale reps instead of movement (50 DU instead of 450 SU)



Workout 77: 10. September 2021

Strength/Skill:

5x[..] Turkish Get-up

WOD:

Chipper

600m Suitcase Carry 32kg/24kg

3 Rope Climb

10 Handstand Push-up

10 Tire Flip

Every time you break the carry perform rope climbs, HSPUs, and flips. Switching hands=breaking!



Carabao WODs

Workout 78: 13. September 2021

Strength/Skill:

5x5 Shoulder Press

WOD:

Chipper

100 Burpee Pull-up

Plank Hold

Partner WOD: Partner A does burpee pull-ups, partner B holds plank. Switch as needed.



Workout 79: 15. September 2021

Strength/Skill:

5x5 Deadlift

WOD:

4 RFT

10 Calorie Bike/Row/Ski

20 Push Press 42.5kg/30kg

30 Kettlebell Swing 32kg/24kg



Workout 80: 17. September 2021

Strength/Skill:

5x3 Clean & Jerk

WOD:

RFT Varying Reps

21-15-9 Alternating Pistol

21-15-9 Toes-to-bar

21-15-9 Box Jump



Carabao WODs

Workout 81: 20. September 2021

Strength/Skill:

5x[..] Box Jump

Find your max height

WOD:

20:00min AMRAP

10 Single Dumbbell Overhead Lunge

25kg/17.5kg

10 Burpee

400m Run



Workout 82: 22. September 2021

Strength/Skill:

5x3 Weighted Strict Pull-up

WOD:

10 RFT

1 Sandbag Clean

50kg/30kg

5 Devil Press

2x20kg/2x12.5kg

7 Calorie Bike/Row/Ski



Workout 83: 24. September 2021

Strength/Skill:

5x3 Back Squat

WOD:

15:00min AMRAP Ascending reps

2-4-6-8-... Pull-up

2-4-6-8-... Goblet Squat 20kg/14kg

Add 2 reps each round



Workout 84: 27. September 2021

Strength/Skill:

5x5 Snatch Deadlift

WOD:

Chipper

100 Thruster 42.5kg/30kg

10 Burpee

Partner WOD: Complete 100 thrusters in total. When you switch, both partners perform 10 synchronized burpees



Workout 85: 29. September 2021

Strength/Skill:

5x[..] Kettlebell Clean

Clean üben

WOD:

5 RFT

10 Dip

50 Double Under

50m Kettlebell Overhead Carry 24kg/16kg

200m Ski Erg



Workout 86: 01. Oktober 2021

Strength/Skill:

4x10 Incline Bench Press

WOD:

18:00min AMRAP

15 Front Squat 50kg/35kg

15 Knees-to-elbow



Workout 87: 04. Oktober 2021

Strength/Skill:

5x3 Deadlift

WOD:

FGB: 3 rounds, 1min per station

Pull-up

Assault Bike Calorie

AbMat Sit-up

Kettlebell Swing 32kg/24kg

Push Press 35kg/25kg

1min per exercise, 1min break after one round. 3 rounds in total (=18min)



Workout 88: 06. Oktober 2021

Strength/Skill:

5x5 Squat Clean

WOD:

20:00min AMRAP

10 Hip Thrust

24kg/16kg

10 Weighted Box Step-up

25kg/17.5kg

20m Farmer Carry

2x32kg/2x24kg

Step ups mit einer Dumbbell



Workout 89: 08. Oktober 2021

Strength/Skill:

5x[..] Single-Leg Squat

Pistols üben

WOD:

7 RFT

10 Push-up

10 Box Jump

10 Front Rack Lunge 50kg/35kg



Workout 90: 11. Oktober 2021

Strength/Skill:

5x10 Dumbbell Military Press

5 pro Seite, im Wechsel

WOD:

5 RFT

12 Deadlift 70kg/47.5kg

9 Hang Power Clean 70kg/47.5kg

6 Push Jerk 70kg/47.5kg

Hero WOD "DT": Scale the weight!!!



Carabao WODs

Workout 91: 13. Oktober 2021

Strength/Skill:

4x8 Front Squat

WOD:

20:00min AMRAP with Buy-in

Buy-in: 100

Air Squat

12

Single Arm Kettlebell Swing

24kg/16kg

12

Renegade Row

2x24kg/2x16kg

2

Rope Climb



Workout 92: 15. Oktober 2021

Strength/Skill:

5x5 Snatch Balance

WOD:

RFT Varying Reps

21-15-9 Alternating Dumbbell Snatch

25kg/17.5kg

21-15-9 Burpee Over Bar

Kurz und knackig --> entsprechend skalieren!



Workout 93: 18. Oktober 2021

Strength/Skill:

5x2 Rope Climb

Technik üben und dann 5x2 das große Seil

WOD:

5 RFT

8 Dumbbell Clean&Press 22.5kg/15kg

10 Pull-up

30 Double Under

Clean & Press: erst 4 links, dann 4 rechts



Workout 94: 20. Oktober 2021

Strength/Skill:

10x3 Bent Over Barbell Row

10x3 Bench Press

Supersatz: keine Pause zwischen Rows und Press. 90sec Pause zwischen 2 Sätzen

WOD:

12:00min AMRAP

5 Thruster 42.5kg/30kg

10 Janda Sit-up

20m Farmer Carry 2x32kg/2x24kg



Workout 95: 22. Oktober 2021

Strength/Skill:

5x10 Bulgarian Split Squat

WOD:

7 RFT

3 Wall Walk

7 Ski Erg Calorie

10 Dip

10m Bear Hug Carry 50kg/30kg



Carabao WODs

Workout 96: 25. Oktober 2021

Strength/Skill:

5x5 Snatch

WOD:

4 RFT

3 Sandbag Clean 50kg/30kg

10 Toes-to-bar

15 Wall Ball 10kg/8kg



Workout 97: 27. Oktober 2021

Strength/Skill:

5x6 Turkish Get-up

3 pro Seite (erst dann Wechsel)

WOD:

20:00min AMRAP

5 Chin-up

8 Back Rack Barbell Lunge 60kg/45kg

10 Box Jump



Workout 98: 29. Oktober 2021

Strength/Skill:

5x5 Push Jerk

Jerk üben (triple extension)

WOD:

RFT Varying Reps

21-18-15-12-9	Power Clean	45kg/30kg
---------------	-------------	-----------

21-18-15-12-9	Burpee	
---------------	--------	--

5	Handstand Push-up	
---	-------------------	--

5 HSPU after each round



Workout 99: 01. November 2021

Strength/Skill:

5x5 Deadlift

WOD:

4x4:00min AMRAP Repeat

7 Double Kettlebell Front Squat

2x24kg/2x16kg

7 Double Kettlebell Swing

2x24kg/2x16kg

7 Medicine Ball Sit-up

10kg/8kg

1min break between rounds



Workout 100: 03. November 2021

Strength/Skill:

8x3 Overhead Squat

WOD:

RFT Varying Reps

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

Weighted Box Step-up

25kg/17.5kg

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

Strict Pull-up

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

Calorie Bike/Row/Ski

Step-ups: 1 DB, Position ist egal



Carabao WODs

Workout 101: 05. November 2021

Strength/Skill:

5x[..] Handstand Push-up

Progression üben

WOD:

5 RFT

10 Push Press

50kg/35kg

10 Ring Dip

10 Single Dumbbell Overhead Lunge

25kg/17.5kg

Lunges: 5 pro Seite



Workout 102: 08. November 2021

Strength/Skill:

5x5 Bench Press

WOD:

Chipper

60 Calorie Bike/Row/Ski

60 Burpee Box Jump Over

60 Double Dumbbell Power Clean 2x25kg/2x17.5kg

60 Knees-to-elbow

Partner WOD: You go, I go (Partner A arbeitet, Partner B hat Pause)



Workout 103: 10. November 2021

Strength/Skill:

4x8 Back Squat

WOD:

20:00min AMRAP

10 Pull-up

15 Push-up

10m Bear Hug Carry 50kg/30kg



Workout 104: 12. November 2021

Strength/Skill:

5x3 Squat Clean

WOD:

6 RFT

10 Thruster 50kg/35kg

10 Barbell Overhead Lunge 50kg/35kg

10 Deadlift 50kg/35kg

Use the same weight for all three movements



Workout 105: 15. November 2021

Strength/Skill:

5x5 Single-Leg Squat

Pistols üben (Progression, mit Gegengewicht etc.)

WOD:

10 RFT

6 Devil Press 2x22.5kg/2x15kg

30 Double Under



Carabao WODs

Workout 106: 17. November 2021

Strength/Skill:

5x5 Bent Over Barbell Row

WOD:

20:00min AMRAP Ascending reps

2-4-6-8-...	Goblet Squat	24kg/18kg
-------------	--------------	-----------

2-4-6-8-...	Alternating Dumbbell Clean & Jerk	25kg/17.5kg
-------------	-----------------------------------	-------------

2	Wall Walk
---	-----------

Increase by 2 reps each round for squat and C&J. Perform 2 wall walks after each round (no increase)



Workout 107: 19. November 2021

Strength/Skill:

5x3 Pause Front Squat

3 sec pause at bottom

WOD:

5 RFT

10m Sled Push

70kg/50kg

15 Toes-to-bar

15 Calorie Bike/Row/Ski

Der Schlitten leer wiegt 35kg



Carabao WODs

Workout 108: 22. November 2021

Strength/Skill:

5x5 Snatch Deadlift

WOD:

RFT Varying Reps

21-18-15-12-9	Front Rack Lunge	50kg/35kg
---------------	------------------	-----------

21-18-15-12-9	Burpee	
---------------	--------	--

20m	Suitcase Carry	32kg/24kg
-----	----------------	-----------

After each round 20m suitcase carry



Workout 109: 24. November 2021

Strength/Skill:

5x[..] Turkish Get-up

WOD:

6 RFT

8 Pull-up

10 Alternating Dumbbell Snatch

25kg/17.5kg

12 Wall Ball

10kg/8kg



Workout 110: 26. November 2021

Strength/Skill:

5x3 Shoulder Press

WOD:

20:00min AMRAP

5 Hang Power Clean 55kg/40kg

10 Push-up

15 Kettlebell Swing 32kg/24kg



Carabao WODs

Workout 111: 29. November 2021

Strength/Skill:

5x5 Deadlift

WOD:

RFT Varying Reps

50-40-30-20-10	Push Press	55kg/40kg
----------------	------------	-----------

50-40-30-20-10	Medicine Ball Sit-up	10kg/8kg
----------------	----------------------	----------

Partner WOD: change as needed on push press; sit-ups are done together



Workout 112: 01. Dezember 2021

Strength/Skill:

5x3 Squat Clean

WOD:

6 RFT

3 Rope Climb

12 Box Jump

18 Air Squat



Workout 113: 03. Dezember 2021

Strength/Skill:

5x[..] Pull-up

Pull-up üben: Entweder strict oder kipping progression

WOD:

23:00min AMRAP

8 Thruster 42.5kg/30kg

8 Dip

8 Handstand Push-up



Carabao WODs

Workout 114: 06. Dezember 2021

Strength/Skill:

4x8 Incline Dumbbell Bench Press

WOD:

7 RFT

10 Alternating Dumbbell Snatch

22.5kg/15kg

10 Toes-to-bar

16 Single Dumbbell Overhead Lunge

25kg/17.5kg



Workout 115: 08. Dezember 2021

Strength/Skill:

5x5 Back Squat

WOD:

20:00min AMRAP

10 Pull-up

20 Goblet Squat 24kg/16kg

30 Double Under



Workout 116: 10. Dezember 2021

Strength/Skill:

5x5 Squat Snatch

WOD:

10 RFT

2 Sandbag Ground to Shoulder

50kg/30kg

7 Calorie Bike/Row/Ski

10 Alternating Pistol

10m Farmer Carry

2x32kg/2x24kg



Workout 117: 13. Dezember 2021

Strength/Skill:

5x4 Turkish Get-up

2 pro Seite

WOD:

8 RFT

3 Wall Walk

10 Double Dumbbell Power Clean 2x25kg/2x17.5kg

20 Janda Sit-up

20sec Battle Rope



Workout 118: 15. Dezember 2021

Strength/Skill:

5x16 Single Arm Dumbbell Bent Over Row

8 pro Seite

WOD:

5x3:00min AMRAP Repeat

3 Burpee

6 Double Kettlebell Front Rack Lunge

2x24kg/2x16kg

9 Double Kettlebell Swing

2x24kg/2x16kg

1min break between rounds



Workout 119: 17. Dezember 2021

Strength/Skill:

5x10 Bulgarian Split Squat

5 pro Bein

WOD:

Chipper

1 Deadlift 120kg/90kg

2 Rope Climb

3 Handstand Push-up

4 Strict Pull-up

5 Goblet Squat 24kg/16kg

6 Toes-to-bar

7 Box Jump

8 Burpee

9 Dip

10 Kettlebell Swing 32kg/24kg

11 Push-up

12 Dumbbell Military Press 2x22.5kg/2x15kg

12 Days of Christmas: 1 DL, dann 1 DL, 2 RC, dann 1 DL, 2 RC, 3 HSPU usw.



Workout 120: 03. Januar 2022

Strength/Skill:

5x5 Bench Press

5x5 Strict Pull-up

Supersatz

WOD:

15:00min AMRAP

5 Clean & Jerk 50kg/35kg

5 Burpee



Carabao WODs

Workout 121: 05. Januar 2022

Strength/Skill:

5x[..] Kettlebell Clean

Technik üben

WOD:

8 RFT

20m Sandbag Carry

50kg/40kg

10 Single Dumbbell Overhead Lunge

25kg/17.5kg

10 Push-up

Sandbag carry on shoulder



Workout 122: 07. Januar 2022

Strength/Skill:

5x5 Deadlift

WOD:

FGB: 3 rounds, 1min per station

Wall Ball	10kg/8kg
-----------	----------

Assault Bike Calorie	
----------------------	--

Sandbag Ground to Shoulder	50kg/40kg
----------------------------	-----------

Renegade Row	2x24kg/2x16kg
--------------	---------------

Knees-to-elbow	
----------------	--

1min per exercise, 1min break after one round. 3 rounds in total (=18min)



Workout 123: 10. Januar 2022

Strength/Skill:

5x5 Overhead Squat

WOD:

7 RFT with Buy-In

Buy-In: 93sec

Plank Hold

1

Legless Rope Climb

19

Alternating Dumbbell Snatch

22.5kg/17.5kg

29

AbMat Sit-up

Claudias Geburtstags WOD: 7.1.1993 (29 Jahre)



Carabao WODs

Workout 124: 12. Januar 2022

Strength/Skill:

5x5 Shoulder Press

WOD:

Chipper

50-40-30-20-10

Box Jump

50-40-30-20-10

Thruster

42.5kg/30kg

Double Kettlebell Front Rack Hold

2x20kg/2x16kg

Partner WOD: Switch as needed. While Partner A does box jumps/thrusters, Partner B holds 2 KB in the front rack position



Workout 125: 14. Januar 2022

Strength/Skill:

5x[..] Pull-up

Strict pull-ups, weighted pull-ups oder kipping pull-ups üben

WOD:

20:00min AMRAP

10 Hang Power Clean 45kg/30kg

10 Front Squat 45kg/30kg

10 Push Press 45kg/30kg

Use the same bar for all three movements



Carabao WODs

Workout 126: 17. Januar 2022

Strength/Skill:

5x5 Back Squat

WOD:

RFT Varying Reps

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

Weighted Box Step-up

22.5kg/17.5kg

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

Burpee

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

Floor Press

2x27.5kg/2x20kg

20sec

Battle Rope

Reps decrease by one each round. After each round perform 20sec of battle rope



Workout 127: 19. Januar 2022

Strength/Skill:

5x5 Sots Press

WOD:

18:00min AMRAP

1 Wall Walk

15 Pull-up

10m Suitcase Carry 40kg/28kg



Workout 128: 21. Januar 2022

Strength/Skill:

4x8 Bent Over Barbell Row

WOD:

4 RFT

8 Back Rack Barbell Lunge 50kg/35kg

10 Calorie Bike/Row/Ski

8 Front Rack Lunge 50kg/35kg

50 Double Under

8 Barbell Overhead Lunge 50kg/35kg



Carabao WODs

Workout 129: 24. Januar 2022

Strength/Skill:

5x[..] Skin-the-cat

üben (pull-ups danach z.B.)

WOD:

10 RFT

8 Toes-to-bar

8 Goblet Squat

24kg/18kg

8 Alternating Dumbbell Clean & Jerk

22.5kg/15kg



Workout 130: 26. Januar 2022

Strength/Skill:

5x3 Pause Front Squat

3 sec pause at bottom position

WOD:

20:00min AMRAP Ascending reps

3-6-9-... Double Kettlebell Swing 2x24kg/2x18kg

3-6-9-... Hand Release Push-ups

Start at 3 reps and add 3 reps each round: 3-6-9-12-...



Workout 131: 28. Januar 2022

Strength/Skill:

5x3 Clean & Jerk

WOD:

Chipper

8min Passive Hang

Amrep Deadlift 80kg/55kg

5 Handstand Push-up

Partner WOD: Together accumulate 8mins of passive hang: Partner A hangs, Partner B performs as many DL as possible. When you switch both do 5 HSPU



Workout 132: 31. Januar 2022

Strength/Skill:

5x5 Bench Press

5x5 Strict Pull-up

Supersets

WOD:

6 RFT

20m Sandbag Carry 72.5kg/50kg

12 Wall Ball 10kg/8kg

12 Dip



Workout 133: 02. Februar 2022

Strength/Skill:

5x[..] Single-Leg Squat

Pistols üben

WOD:

RFT Varying Reps

40-30-20-10

Burpee

40m-30m-20m-10m

Kettlebell Overhead Carry

24kg/16kg

2

Rope Climb

After each round, perform 2 rope climbs



Workout 134: 07. Februar 2022

Strength/Skill:

5x5 Deadlift

WOD:

3 RFT

10 Dumbbell Thruster 2x17.5kg/2x12.5kg

10 Burpee Box Jump

10 Pull-up

10 Burpee Box Jump

Two rounds: 3 RFT of thrusters and burpees. Then 2min rest. Then 3 RFT of pull-ups and burpees.



Workout 135: 09. Februar 2022

Strength/Skill:

- ... Kettlebell Clean
- ... Kettlebell Snatch

WOD:

15:00min AMRAP

30 Calorie Bike/Row/Ski

100 Double Under

Wall Sit

2min Squat Clean

Maxkg/kg

Partner WOD: Switch as needed. While Partner A does the movements, Partner B does wall sit.

After the 15min AMRAP, you have 2min to find a 1RM clean: Score is sum of both partner's weight



Carabao WODs

Workout 136: 11. Februar 2022

Strength/Skill:

8x2 Snatch Balance

8x2 Overhead Squat

WOD:

8 RFT

10 Double Dumbbell Overhead Lunge

2x20kg/2x12.5kg

15 Hip Thrust

24kg/18kg

30 Battle Rope



Workout 137: 14. Februar 2022

Strength/Skill:

5x3 Weighted Strict Pull-up

WOD:

5x3:00min AMRAP Repeat

3 Hang Power Snatch 42.5kg/30kg

6 Jackknife

9 Kettlebell Swing 32kg/24kg

1min break between rounds



Workout 138: 16. Februar 2022

Strength/Skill:

5x5 Hip Thrust

With barbell

WOD:

6 RFT

4 Sandbag Ground to Shoulder

50kg/40kg

10 Alternating Pistol

12 Box Jump



Carabao WODs

Workout 139: 18. Februar 2022

Strength/Skill:

5x3 Rope Climb

WOD:

20:00min AMRAP

5 Double Kettlebell Front Squat

2x24kg/2x16kg

10 Devil Press

2x17.5kg/2x12.5kg

20m Farmer Carry

2x32kg/2x24kg



Workout 140: 21. Februar 2022

Strength/Skill:

5x5 Squat Clean

WOD:

RFT Varying Reps

21-18-15-12-9-6-3

21-18-15-12-9-6-3

21-18-15-12-9-6-3

Push Press

42.5kg/30kg

Burpee

AbMat Sit-up



Carabao WODs

Workout 141: 23. Februar 2022

Strength/Skill:

5x10 Bent Over Barbell Row

WOD:

Chipper

100 Thruster 42.5kg/30kg

10 Handstand Push-up

Partner WOD: Switch as needed to get 100 thruster in total. Every time you switch, both partners do 10 handstand push-ups (pike for scale)



Workout 142: 25. Februar 2022

Strength/Skill:

5x5 Back Squat

WOD:

7 RFT

10 Alternating Dumbbell Snatch

25kg/17.5kg

10 Pull-up

10 Renegade Row

24kg/18kg



Workout 143: 28. Februar 2022

Strength/Skill:

5x[..] Handstand Push-up

HSPU üben: Progression, seated dumbbell press etc.

WOD:

6 RFT

10 Calorie Bike/Row/Ski

10 Box Jump Over

20 Kettlebell Swing 32kg/24kg



Workout 144: 02. März 2022

Strength/Skill:

5x5 Snatch

WOD:

Chipper

80 Ground-to-Overhead 55kg/40kg

10 Wall Walk

80 Deadlift 80kg/60kg

10 Wall Walk

Partner WOD: Switch as needed



Carabao WODs

Workout 145: 04. März 2022

Strength/Skill:

4x8 Incline Bench Press

WOD:

RFT Varying Reps

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

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

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

Power Clean

50kg/35kg

Back Squat

50kg/35kg

Lateral Burpee Over Bar



Carabao WODs

Workout 146: 07. März 2022

Strength/Skill:

5x5 Front Squat

WOD:

Chipper

40	Toes-to-bar	
40	Weighted Box Step-up	2x20kg/2x12.5kg
40	Push-up	
40	Single Dumbbell Overhead Lunge	25kg/17.5kg
Max Time	Plank Hold	

After you finish all movements max plank hold. Score is total time and plank time



Workout 147: 09. März 2022

Strength/Skill:

5x[..] Box Jump

WOD:

25:00min AMRAP

10 Janda Sit-up

10 Dip

10 Double Dumbbell Clean&Jerk 2x20kg/2x12.5kg



Workout 148: 11. März 2022

Strength/Skill:

5x5 Split Jerk

WOD:

7 RFT

10 Pull-up

12 Single Arm Kettlebell Swing

24kg/16kg

20m Bear Hug Carry

70kg/50kg



Workout 149: 14. März 2022

Strength/Skill:

5x3 Shoulder Press

5x3 Weighted Strict Pull-up

Supersets

WOD:

RFT Varying Reps

50-40-30-20-10 Burpee

50-40-30-20-10 AbMat Sit-up

50-40-30-20-10 Air Squat

Time Cap 30min



Carabao WODs

Workout 150: 16. März 2022

Strength/Skill:

5x5 Deadlift

WOD:

7 RFT

10 Front Squat

50kg/35kg

10 Box Jump

10 Assault Bike Calorie



Carabao WODs

Workout 151: 18. März 2022

Strength/Skill:

5x4 Turkish Get-up

2 pro Seite

WOD:

20:00min AMRAP

4	Sandbag Ground to Shoulder	50kg/40kg
10	Double Dumbbell Push Press	2x22.5kg/2x15kg
10	Double Dumbbell Overhead Lunge	2x22.5kg/2x15kg
10m	Sled Push	100kg/70kg
	Passive Hang	

Partner WOD: change as needed. While Partner A works, Partner B hangs from the bar



Workout 152: 21. März 2022

Strength/Skill:

5-3-3-1-1-1 Squat Clean

Find 1 Rep Max

WOD:

6 RFT

3 Rope Climb

6 Thruster 50kg/35kg

9 Toes-to-bar



Workout 153: 23. März 2022

Strength/Skill:

5x10 Single Arm Dumbbell Bent Over Row

5 pro Seite

WOD:

20:00min AMRAP

400m Run

30sec Battle Rope

10 Front Rack Lunge 55kg/40kg



Carabao WODs

Workout 154: 25. März 2022

Strength/Skill:

5x6 Bulgarian Split Squat

3 pro Bein

WOD:

5 RFT with Buy-In

Buy-in: 200m	Farmer Carry	2x32kg/2x24kg
10	Wall Ball	10kg/8kg
10	Alternating Dumbbell Clean & Jerk	27.5kg/20kg
50	Double Under	



Workout 155: 28. März 2022

Strength/Skill:

5x[..] Double Under

DU üben

WOD:

22:00min AMRAP

15 Calorie Bike/Row/Ski

15 Pull-up

15 Battle Rope Russian Twist



Workout 156: 30. März 2022

Strength/Skill:

5x5 Clean High Pull

WOD:

6 RFT

5 Power Clean

60kg/45kg

10 Alternating Pistol

15 Burpee



Carabao WODs

Workout 157: 01. April 2022

Strength/Skill:

4x8 Bench Press

WOD:

RFT Varying Reps

3-6-9-12-15-12-9-6-3

Back Squat

55kg/40kg

3-6-9-12-15-12-9-6-3

Dip

3-6-9-12-15-12-9-6-3

Kettlebell Swing

32kg/24kg



Workout 158: 04. April 2022

Strength/Skill:

8x1 Deadlift

Find 1 RM

WOD:

5x3:00min AMRAP Repeat

3 Push Press 60kg/45kg

6 Push-up

9 Goblet Squat 24kg/18kg

1 min break between rounds



Workout 159: 06. April 2022

Strength/Skill:

Technik Kettlebell Clean

KB Clean üben

WOD:

5 RFT

4 Tire Flip

10 Power Snatch 42.5kg/30kg

10 Box Jump Over



Carabao WODs

Workout 160: 09. April 2022

Strength/Skill:

5x5 Bent Over Barbell Row

WOD:

RFT Varying Reps

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

Burpee

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

Kettlebell Thruster

32kg/20kg

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

Burpee

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

Kettlebell Sumo Deadlift High-Pull

32kg/20kg

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

Burpee

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

Kettlebell Swing

32kg/20kg

"Burptacular"



Workout 161: 11. April 2022

Strength/Skill:

5x3 Clean High Pull

5x3 Hang Squat Clean

5x3 Front Squat

5x3 Push Jerk

Complex: Perform 1 pull-1 clean-1 front squat-1 jerk as one rep

WOD:

18:00min AMRAP

20m Sandbag Carry 50kg/40kg

10 Handstand Push-up

10 Toes-to-bar



Workout 162: 13. April 2022

Strength/Skill:

5x5 Weighted Strict Pull-up

WOD:

10 RFT

5 Deadlift

100kg/70kg

7 Thruster

42.5kg/30kg

10 Lateral Burpee Over Bar



Workout 163: 25. April 2022

Strength/Skill:

5x5 Back Squat

WOD:

5 RFT

10 Hang Power Clean 55kg/40kg

10 Pull-up

500m Run



Carabao WODs

Workout 165: 29. April 2022

Strength/Skill:

5x5 Squat Clean

WOD:

20:00min AMRAP

10 Box Jump

15 Janda Sit-up

20 Double Kettlebell Front Rack Lunge

2x20kg/2x16kg



Workout 166: 02. Mai 2022

Strength/Skill:

5x5 Bent Over Barbell Row

WOD:

4 RFT with Buy-In

Buy-In: 1mile

Run

3

Rope Climb

10

Push Press

55kg/40kg

40m

Suitcase Carry

32kg/24kg



Workout 167: 04. Mai 2022

Strength/Skill:

5x3 Deadlift

WOD:

20:00min AMRAP Ascending reps

3-6-9-...	Kettlebell Swing	32kg/24kg
-----------	------------------	-----------

3-6-9-...	Burpee	
-----------	--------	--

3-6-9-...	Goblet Squat	24kg/20kg
-----------	--------------	-----------

Add 3 reps each round



Workout 168: 06. Mai 2022

Strength/Skill:

5x10 Single-Leg Squat

WOD:

6 RFT

10 Weighted Box Step-up 22.5kg/15kg

10 Dip

50 Double Under



Carabao WODs

Workout 169: 09. Mai 2022

Strength/Skill:

5x5 Split Jerk

WOD:

20:00min AMRAP

10 Toes-to-bar

10 Alternating Dumbbell Snatch

22.5kg/15kg

200m Weighted Run

10kg/8kg



Workout 170: 11. Mai 2022

Strength/Skill:

5x5 Weighted Strict Pull-up

WOD:

8 RFT

2	Sandbag Ground to Shoulder	50kg/40kg
---	----------------------------	-----------

12	Renegade Row	24kg/20kg
----	--------------	-----------

5x10m	Shuttle Run	
-------	-------------	--



Carabao WODs

Workout 171: 13. Mai 2022

Strength/Skill:

4x8 Front Squat

WOD:

5 RFT with Buy-Out

3	Wall Walk	
10	Power Clean	60kg/45kg
10	Calorie Bike/Row/Ski	
Buy-out: 1000m	Run	



Carabao WODs

Workout 172: 16. Mai 2022

Strength/Skill:

5x4 Turkish Get-up

2 pro Seite

WOD:

RFT Varying Reps

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

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

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

Floor Press

2x27.5kg/2x20kg

Deadlift

90kg/70kg

Strict Pull-up



Carabao WODs

Workout 173: 18. Mai 2022

Strength/Skill:

5x3 Snatch

WOD:

Chipper

100 Double Dumbbell Clean&Jerk 2x22.5kg/2x15kg

100 Double Dumbbell Overhead Lunge 2x22.5kg/2x15kg

10 Burpee

Partner WOD: Switch as needed. Every time you switch, both partners perform 10 burpees.



Workout 174: 20. Mai 2022

Strength/Skill:

5x5 Shoulder Press

WOD:

5x3:00min AMRAP Repeat

3 Strict Handstand Push-up

6 Thruster

45kg/32.5kg

9 Push-up

1min break between rounds