

Måndag 10.1

For Time (in a Team of Three) TC: 45min

Kettlebell Swings (53/35 lb)

Box Jumps (24/20 in)

Air Squats

Push-Ups

Burpees

Pull-Ups

Sit-Ups

Row (calories)

Double-Unders

Wall Ball Shots (20/14 lb)

Ball Slams (30/20 lb)

Dumbbell Push Press (45/35 lb)

As a team, complete a total of 1776 reps involving all exercises in any order.

Multiple partners may work at a time, but everyone must work together on the same movement and move to the next one together.

Scaled

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<p>Tisdag 7.2</p> <p>Teknik: 12min Pushjerk 6x3 50-75% Fokus: -Lagom djup dipp, upprätt kropp -Lås ut armarna!</p> <p>WOD: TC 10min 27 21 15 9 3 Alt DB powersnatch 22,5/15kg DB gobletsquat 22,5/15g</p> <p>EMOM 1: 8 Varv 22min 2 Clean n Pushjerk 70-80%</p> <p>4min vila</p> <p>EMOM 2 10 varv 1 Clean n Pushjerk 80-90%</p>		<p>Teknik: 12min Pushpress 6x3 50-75% Fokus: -Lagom djup dipp, upprätt kropp -Lås ut armarna!</p> <p>WOD: TC 10min 27 21 15 9 3 Alt DB powersnatch 15/10kg DB gobletsquat 15/10kg</p> <p>EMOM 1: 8 Varv 22min 2 Clean n Pushpress 70-80%</p> <p>4min vila</p> <p>EMOM 2 10 varv 1 Clean n Pushpress 80-90%</p>	
<p>Onsdag 7.3</p> <p>Deadlift: 8,6,4,2,2,1,1rep 12min Marklyftstege 70%,80%,85%,92%,94%,96%, X%</p> <p>Ha procenten som ett riktvärde, låt dagsform varamed och styra.</p> <p>EMOM: 4varv 12min Min 1 14 Backsquat 50% Min 2 8 Backrack lunge (samma vikt) Min 3 12 Boxjump</p> <p>Wod: Par Metcon , Dela gruppen Metcon 1: TC 10min 30 25 20 15 10 Cal Row Wallball</p> <p>Metcon 2: TC 10min 30 25 20 15 Cal Ski erg Sync Situps RX+ Toes to bar</p>		<p>Deadlift: 8,6,4,2,2,1,1rep 12min Marklyftstege 70%,80%,85%,92%,94%,96%, X%</p> <p>Ha procenten som ett riktvärde, låt dagsform varamed och styra.</p> <p>EMOM: 4varv 12min Min 1 14 Backsquat 50% Min 2 8 Backrack lunge (samma vikt) Min 3 12 Boxjump</p> <p>Wod: Par Metcon , Dela gruppen Metcon 1: TC 10min 25 20 15 10 5 Cal Row Wallball</p> <p>Metcon 2: TC 10min 30 25 20 15 Cal Ski erg Sync Situps</p>	

<p>Torsdag 7.4</p> <p>EMOM: 12min First 6min Shoulderpress 4x8@75% 12min 6-10HSPU</p> <p>Next 6min EMOM: 5 strict T2B + 4-6 Kipping T2B</p> <p>Pullups: 4set 10min 6-10 strikt direkt följt av 6-10 kippade/butterfly</p> <p>Metcon: TC 12min 28 Ringdips 24 Powerclean @75% 20 Devilspress 22,5/15kg</p>	<p>Torsdag 7.4</p> <p>EMOM: 12min First 6min Shoulderpress 4x8@75% 12min 10 Double KB Pushpress</p> <p>Next 6min 6 V-Up + 8 Situps</p> <p>Pullups: 4set 10min 6-10 strikt direkt följt av 6-10 kippade/butterfly</p> <p>Metcon: TC 12min 28 Ringpushup/ Pushup 24 Powerclean 20 Devilspress 15/10kg</p>
<p>10.5 Fredagsfys Task friday! Tc 45min</p> <p>Slå ihop poäng på Alla tasks! Teams of 2</p> <p>30 pullups 30 Boxjump 30 Push ups</p> <p>Task 1: Amrap 6min Sync Burpees 1 Rep=1p</p> <p>30 clean and jerk 50/35 30 Toes 2 bar 30 Sync burpees</p> <p>Task 2: Amrap 6min Clean and jerk 60/42,5kg 1rep= 1poäng</p> <p>50 deadlift 60/42,5kg 50 Situps</p> <p>Task 3: Amrap 6min D.U 20DU=5p</p> <p>20 Snatch 50/35kg 20 OH squat 50/35kg 20 Tireflip</p> <p>Task 4: Amrap until TC 5 Pushpress 50/35kg 1 ropeclimb 5 Thruster 50/35 kg</p>	<p>10.5 Fredagsfys Task friday! Tc 45min</p> <p>Slå ihop poäng på Alla tasks! Teams of 2</p> <p>30 pullups 30 Boxjump 30 Push ups</p> <p>Task 1: Amrap 6min Sync Burpees 1 Rep=1p</p> <p>30 clean and jerk 50/35 30 Toes 2 bar 30 Sync burpees</p> <p>Task 2: Amrap 6min Clean and jerk 60/42,5kg 1rep= 1poäng</p> <p>50 deadlift 60/42,5kg 50 Situps</p> <p>Task 3: Amrap 6min D.U 20DU=5p</p> <p>20 Snatch 50/35kg 20 OH squat 50/35kg 20 Tireflip</p> <p>Task 4: Amrap until TC 5 Pushpress 50/35kg 1 ropeclimb 5 Thruster 50/35 kg</p>

<p>Lördag 7.6</p> <p>Teknik: 15min Kipping Välj vad du vill träna på: Pullup, Chest to bar, Muscle up</p> <p>EMOM: 5 varv Min 1 Cal assault bike Min 2 Kbswing Min 3 DB hang clean n jerk (välj hantel) Min 4 Pullups RX+: Chest to bar Min 5 Burpee Min 6 Cal skierg</p>	<p>Teknik: 15min Kipping Välj vad du vill träna på: Pullup, Chest to bar, Muscle up</p> <p>EMOM: 5 varv Min 1 Cal assault bike Min 2 Kbswing Min 3 DB hang clean n jerk (välj hantel) Min 4 Pullups RX+: Chest to bar Min 5 Burpee Min 6 Cal skierg</p>
<p>7.7 SöndagStyrka</p> <p>Frontsquat 6x3 85-90% GHD Situps 4x10</p> <p>Closegrip benchpress 6x3@85-90% Bicepscurl 4x10</p> <p>Hantelrodd på bänk: 4x6+6 @75%</p> <p>Metcon: tc 5min(2start vågor) 500m row 15 Strict pullup 15 Burpee boxjump over 30 pullup RX+ 15 Chest to bar 15 pullup</p>	<p>7.7 SöndagStyrka</p> <p>Frontsquat 6x3 85-90% GHD Situps 4x10</p> <p>Closegrip benchpress 6x3@85-90% Bicepscurl 4x10</p> <p>Hantelrodd på bänk: 4x6+6 @75%</p> <p>Metcon: tc 5min(2start vågor) 500m row 15 Strict ringrow 15 Burpee boxjump over 15 ringrow</p>