

**Måndag:** Skill + stab

EMOM stab: 4 rounds

Min 1 6+6 KB Buttomsup press

Min 2 30-40sek Ring support hold

Min 3 30-40sek L-sit hold

3 Rounds for quality

8 Ring MU

6 Strict HSPU

4x3m Handstand walk over 10,15,10kg plate

**Tisdag:** A1, Grundkondition

4 Rounds

8min Assbike

8min Skierg

8min Row

8min Bike erg

**Onsdag** Threshold (Hårt men kontrollerat)

Lika långt varje AMRAP!!!!

3x 6min AMRAP

2 min vila efter varje

12 Wallball

12 Burpee

8 GTOH 60/42,5kg

8 T2B

60 D.U

**Torsdag** Extra leg day

Frontsquat 6x3 @87%

Core for quality

50 V-ups

40 Hollow rock

30 weighted GHD situps

**Fredag** Gymnastics

EMOM: 3rounds (RX+ = Weight vest)

Min 1: 3-5 BMU

Min 2: 1-2 Legless ropeclimb/ropeclimb

Min 3: 8 Burpee

Min 4+5: 35/27 cal row

Lördag

Daily labor

3 RFT:

12 Thruster 50/35kg

12 Ringdips

12 Strict pullup

Extra:

30min A1

Söndag

Rest