

Table 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.	WEIGHTLIFTING	GYMNASTICS	WEIGHTLIFTING	GYMNASTICS	POWER	TEAM WOD	STRENGTH
	Snatch	15m of work	Clean	Stict pull ups	10 minutes to establish	20m AMRAP	Back squat
	30m of work	1-3 rope climb	30m of work	5x 5/10	a 3RM touch and go power clean + power jerk	50 over bar burpees	5x5 70%
	full break down.	5-15 push ups	positional break down	60s rest		40 clean and jerk	2m rest between sets
	start with the overhead squat	5 high box jumps (you have to jump)	back to basics			30 front squats	
			don't go heavy aim to move better	Bent over rows		20 thrusters	Strict press
				3x max effort sets with a light weight			5x 12 (light)
							60s rest between
B.	AMRAP (low skill)	TEAM (of 2)	FOR TIME (12m CAP)	CROSSFIT	FOR TIME		
		8m for time 18m cap	100 air squats / jumping lunges	5x " you go I go" (each)		10/1	ARMS!
	10 plate GTOH	400m run	25 handstand push ups	21 wallballs	power clean		bicep curls 3x 10+
	5 burpee onto plate	50 DB snatch 1x 22.5/15kg	80 air squats / jumping lunges	15 KB swings	20 over bar hops after each round		tricep extensions (banded) 3x 20+
	12 plate overhead lunges (or on traps)	400m run	20 handstand push ups	9 over KB burpees			
	20 plate jumps	50 DB/KB STOHL 2x 22.5/15kg	60 air squats / jumping lunges			10/1	CARDIO
	GO HARD!!!	400m run	15 handstand push ups		power jerk		number depending
		100 step out front rack lunges 2x 22.5/15kg	40 air squats / jumping lunges		5/10 burpees over bar after each round		
		400m run	10 handstand push ups				BARBELL
			20 air squats / jumping lunges				Snatch
			5 handstand push ups				
							Deadlifting (pulling)
			scale 50/10 push ups				
							KEY
							KB = Kettle bell
							DB = dumbbell
							STOH = shoulder to overhead
							AMRAP = as many rounds as possible
							WOD = workout of the day
							EMOM = every minute on the minute
							T2B = toes to bar
							C2B = chest to bar pull ups
							HSPUs = handstand push ups
							HSW = handstand walk
							GTOH = ground to overhead
		CARDIO	BARBELL	CARDIO			
			Clean and jerk	15m AMRAP			
			20m ladder	400m run			
			5 reps at each weight building up	10 ring rows / pull ups			
				200m run			
			deadlifting	10/15 push ups			
				5m REST			
				15m AMRAP			
				400m run			
				thrusters 20/15/10reps			
				200m run			
				10 down ups			