

Sunday, January 13, 2019

Time Domain: 12-18 minutes

WOD Notes: For the burpees, touch a pull up with both hands that is 6" above your max reach

More Scaling Options: Reduce reps further as needed.

General Fitness:

**50 Burpees to 6" target
25 Power Snatch 75/55
50 Double Unders
25 Power Snatch 75/55
50 Burpees to 6" target**

General Fitness Light:

**25 Burpees to 6" target
15 Power Snatch 65/35
100 Single Unders
15 Power Snatch 65/35
25 Burpees to 6" target**

Competitors:

**50 Burpees to 6" target
25 Power Snatch 75/55
100 Double Unders
25 Power Snatch 75/55
50 Burpees to 6" target**

Monday, January 14, 2019

Time Domain: (A) About 20 minutes (B) Less than 10 minutes

WOD Notes: Use a rack for part B

More Scaling Options: 205/145, 165/115, 155/105, 135/95, 115/80, 75/55, 65/45

General Fitness:

A. Back Squat 3-3-3-3-3

***Increasing Load**

B. For Time

30 Back Squats 185/135

2000m Bike

General Fitness Light:

A. Back Squat 3-3-3-3-3

***Increasing Load**

B. For Time

30 Back Squats 95/65

1000m Bike

Competitors:

A. Back Squat 3-3-3-3-3

***Increasing Load**

B. For Time

30 Back Squats 225/155

2000m Bike

Tuesday, January 15, 2019

Time Domain: 15-20 minutes

WOD Notes: Score is total time

More Scaling Options: Banded push ups, banded pull ups

General Fitness:

“Baseline”

3 Rounds

500m Row

40 Air Squats

30 Sit Ups

20 Push Ups

10 Pull Ups

Rest 3:00

General Fitness Light:

“Baseline”

3 Rounds

250m Row

20 Air Squats

15 Sit Ups

10 Push Ups

5 Pull Ups

Rest 3:00

Competitors:

“Baseline”

3 Rounds

500m Row

40 Air Squats

30 Sit Ups

20 Push Ups

10 Pull Ups

Rest 3:00

Wednesday, January 16, 2019

Time Domain: 8-16 minutes

WOD Notes: N/A

More Scaling Options: 45/30, 35/20

General Fitness:

4 Rounds

18 Dumbell Power Clean

15 Dumbell Front Squat

12 Dumbell Push Jerks

40/25

General Fitness Light:

4 Rounds

18 Dumbell Power Clean

15 Dumbell Front Squat

12 Dumbell Push Jerks

30/15

Competitors:

4 Rounds

18 Dumbell Power Clean

15 Dumbell Front Squat

12 Dumbell Push Jerks

50/35

Thursday, January 17, 2019

Time Domain: (A) 15 minutes (B) 4-10 minutes

WOD Notes: Technique over load. Nothing good comes from an ugly lift.

More Scaling Options: (A) Power snatch + power snatch + overhead squat (B) Reduce muscle up reps, Bar Muscle Ups, Muscle up rig, regular pull ups.

General Fitness:

A. Every 1:30 for 10 Rounds

1 Power Snatch

1 Squat Snatch

***Increasing load**

B. 3 Rounds

10 Ring Pull Ups

10 Matador Dips

C. Optional (Not part of class)

AMRAP 20

Calorie Bike or Row

General Fitness Light:

A. Every 1:30 for 10 Rounds

1 Power Snatch

1 Squat Snatch

***Increasing load**

B. 3 Rounds

10 Ring Rows

10 Bench Dips

C. Optional (Not part of class)

AMRAP 10

Calorie Bike or Row

Competitors:

A. Every 1:30 for 10 Rounds

1 Power Snatch

1 Squat Snatch

***Increasing load**

B. 30 Ring Muscle Ups

C. Optional (Not part of class)

AMRAP 20

Calorie Bike or Row

Friday, January 18, 2019

Time Domain: 20 minutes

WOD Notes: N/A

More Scaling Options: Feet towards bar, toes to wall, Stiff Leg Kettlebell Deadlift

General Fitness:

AMRAP 20

10 Box Jumps 24"/20"

10 Toes to Bar

15 Hip Extensions

General Fitness Light:

AMRAP 15

10 Step Ups 24"/20"

15 Knees to Chest

20 Stiff Leg Kettlebell Deadlift

Competitors:

AMRAP 20

10 Box Jumps 30"/24"

15 Toes to Bar

20 Hip Extensions

Saturday, January 19, 2019

Time Domain: N/A

WOD Notes: 100' sled push is down and back.

More Scaling Options: 1 rope climb, half rope climb, knotted rope climb.

General Fitness:

AMRAP 12

10 Bench Press @ 60-65%

2 Rope Climbs

Optional:

5 Rounds

100' Sled Push @ Heavy Load

Rest as needed between sets

General Fitness Light:

AMRAP 12

10 Bench Press @ 60-65%

2 Floor Rope Climbs

Optional:

5 Rounds

100' Sled Push @ Heavy Load

Rest as needed between sets

Competitors:

AMRAP 12

10 Bench Press @ 60-65%

2 Legless Rope Climbs

Optional:

5 Rounds

100' Sled Push @ Heavy Load

Rest as needed between sets