

Sunday, February 10, 2019

Time Domain: (A) 10-15 minutes

WOD Notes: N/A

More Scaling Options: 25/15, pull ups.

General Fitness:

4 Rounds

20/15 Calorie Row

15 Dumbbell Push Press 40/25

15 Chest to Bar Pull Ups

Rest as needed

AMRAP 10

2-4-6...etc Dips

Perform 12 Box Jumps

24"/20" after each set of dips.

General Fitness Light:

4 Rounds

20/15 Calorie Row

15 Dumbbell Push Press 35/20

15 Jumping Pull Ups

Rest as needed

AMRAP 10

2-4-6...etc Bench Dips

Perform 12 Step Ups 24"/20"

after each set of dips.

Competitors:

4 Rounds

20/15 Calorie Row

15 Dumbbell Push Press 50/35

5 Bar Muscle Ups

Rest as needed

AMRAP 10

1-2-3...etc Ring Muscle Ups

Perform 12 Box Jumps

24"/20" after each set of muscle ups.

Monday, February 11, 2019

Time Domain: 15-25 minutes

WOD Notes: Take the back squats from a rack

More Scaling Options: 95/65, 75/55, Reduce reps to 25-20-15-10-5 as needed.

General Fitness:

50-40-30-20-10

Push Up

Back Squat 115/80

Sit Ups

General Fitness Light:

25-20-15-10-5

Push Up

Back Squat 65/45

Sit Ups

Competitors:

50-40-30-20-10

Push Up

Back Squat 135/95

Sit Ups

Tuesday, February 12, 2019

Time Domain: N/A

WOD Notes: If you can't OHS perform OH Lunges. If you can't squat snatch perform a power snatch .

More Scaling Options: 75/55, 45/35, reduce DU's by 10's as needed.

General Fitness:

**A. Every 1:30 for 10 Rounds
1 Hang Squat Snatch
2 Overhead Squats**

**B. AMRAP 12
30 Double Unders
9 Hang Squat Snatch 95/65**

General Fitness Light:

**A. Every 1:30 for 10 Rounds
1 Hang Squat Snatch
2 Overhead Squats**

**B. AMRAP 12
60 Single Unders
9 Hang Squat Snatch 65/45**

Competitors:

**A. Every 1:30 for 10 Rounds
1 Hang Squat Snatch
2 Overhead Squats**

**B. AMRAP 12
30 Double Unders
9 Hang Squat Snatch 115/80**

Wednesday, February 13, 2019

Time Domain: Not For Time

WOD Notes: Use a very heavy weight for the sled. Same weight for all rounds.

Complete 1 round about every 3-5 minutes. The sled should be that heavy that it takes minutes to recover.

General Fitness:

**10 Rounds
50' Sled Push
1 Rope Climb***

***Challenge yourself. Maybe start with legless for as many rounds as you can or start each rope climb legless and switch to using legs half way up.**

General Fitness Light:

**10 Rounds
50' Sled Push
1 Rope Climb***

***Challenge yourself. Maybe start with the knotted rope or do a half a rope climb. Switch to floor pulls when you need to.**

Competitors:

**10 Rounds
50' Sled Push
1 L-Sit Rope Climb**

Thursday, February 14, 2019

Time Domain: N/A

WOD Notes: N/A

More Scaling Options: 95/65, 75/55, Feet towards bar

General Fitness:

“Ski Lesson”

Teams of 2

AMRAP 20

50 Calorie Ski Erg

50 Toes to Bar

50 Power Cleans 115/80

50 Toes to Bar

50 Calorie Ski Erg

General Fitness Light:

“Ski Lesson”

Teams of 2

AMRAP 15

30 Calorie Ski Erg

30 Knees to Chest

30 Power Cleans 65/45

30 Knees to Chest

30 Calorie Ski Erg

Competitors:

“Ski Lesson”

Teams of 2

AMRAP 20

50 Calorie Ski Erg

50 Toes to Bar

50 Power Cleans 135/95

50 Toes to Bar

50 Calorie Ski Erg

Friday, February 15, 2019

Time Domain: (B) 10 minutes or less

WOD Notes: N/A

More Scaling Options: For the deadlift you can also use 50-65% 1RM.

General Fitness:

A. Seated Arnold Press

8-8-8-8-8

B. "Linchpin Test 3"

3 Rounds

21 Wall Ball 20/14

14 Decline Push Ups 20"

7 Deadlift 225/155

General Fitness Light:

A. Seated Arnold Press

8-8-8-8-8

B. "Linchpin Test 3"

3 Rounds

21 Wall Ball 14/10

14 Push Ups

7 Deadlift 135/95

Competitors:

A. Seated Arnold Press

8-8-8-8-8

B. "Linchpin Test 3"

3 Rounds

21 Wall Ball 20/14

14 Handstand Push Ups

7 Deadlift 315/205

Saturday, February 16, 2019

Time Domain: 14-18 minutes

WOD Notes: The med ball should stay over the head with arms locked out for the entire move.

More Scaling Options: 35/20, Row 1000m.

General Fitness:

**100 Air Squats
75 Med Ball Sit Ups 10#
800m Run
50/35 Calorie Bike
25 Devil Press 40/25**

General Fitness Light:

**100 Air Squats
75 Sit Ups
400m Run
50/35 Calorie Bike
25 Devil Press 25/15**

Competitors:

**100 Air Squats
75 GHD Sit Ups
800m Run
50/35 Calorie Bike
25 Devil Press 50/35**