

Sunday, December 2, 2018

Time Domain: About 20 minutes

WOD Notes: N/A

More Scaling Options: Rope climb, half rope climb, knotted rope climb, feet towards bar, bar muscle up.

General Fitness:

Option 1:

10 Rounds

1 Legless Rope Climb

5 Toes to Bar

3 D-Ball 100/75

***Option to sub D-Ball for tire flips**

General Fitness Light:

Option 1:

7 Rounds

5 Banded Pull Ups

7 Knees to Chest

3 D-Ball 75/40

***Option to sub D-Ball for tire flips**

Competitors:

Option 1:

10 Rounds

1 Peg Board

2 Ring Muscle Ups

3 D-Ball 150/100

***Option to sub D-Ball for tire flips**

Monday, December 3, 2018

Time Domain: 5 minutes or less

WOD Notes: (B) Your Hang Power Snatch will determine what load you use.

More Scaling Options: If you can't snatch balance sub snatch push press. If you can't overhead squat sub overhead lunge.

General Fitness:

A. Every 2:00 for 10 Rounds

1 Power Snatch

1 Snatch Balance

1 Overhead Squat

***Increasing Load**

B. "TW Benchmark 1"

3 Rounds

10 Snatch Grip Deadlift 75/55

10 Hang Power Snatch 75/55

10 Front Squat 75/55

General Fitness Light:

A. Every 2:00 for 10 Rounds

1 Power Snatch

1 Snatch Balance

1 Overhead Squat

***Increasing Load**

B. "TW Benchmark 1"

3 Rounds

10 Snatch Grip Deadlift 65/45

10 Hang Power Snatch 65/45

10 Front Squat 65/45

Competitors:

A. Every 2:00 for 10 Rounds

1 Power Snatch

1 Snatch Balance

1 Overhead Squat

***Increasing Load**

B. "TW Benchmark 1"

3 Rounds

10 Snatch Grip Deadlift 95/65

10 Hang Power Snatch 95/65

10 Front Squat 95/65

Tuesday, December 4, 2018

Time Domain: 10-15 minutes

WOD Notes: Don't perform comp GHD if have not done 60 GHD's regularly.

More Scaling Options: 95/65, 65/45, V-Ups, Med Ball Sit Ups

General Fitness:

21 Squat Cleans 115/80

21 GHD Sit Ups

15 Squat Cleans 115/80

15 GHD Sit Ups

9 Squat Cleans 115/80

9 GHD Sit Ups

General Fitness Light:

21 Squat Cleans 75/55

42 Sit Ups

15 Squat Cleans 75/55

30 Sit Ups

9 Squat Cleans 75/55

18 Sit Ups

Competitors:

21 Squat Cleans 135/95

42 GHD Sit Ups

15 Squat Cleans 135/95

30 GHD Sit Ups

9 Squat Cleans 135/95

18 GHD Sit Ups

Wednesday, December 5, 2018

Time Domain: 12-20 minutes

WOD Notes: Perform walking lunges or forward in place lunges. Mix and match any of the rep schemes and modified movements as needed. Example: 50-35-20 Back Rack Lunges and Push Ups. Handstand Push Ups are not necessary for many people, if you don't want to do them but push ups are too easy you can do a weighted push or incline push ups.

More Scaling Options: 65/45, Abmat HSPU, Barbell incline push ups, banded push ups.

General Fitness:

50-35-20

Back Rack Lunges 75/55

30-20-10

Handstand Push Ups

General Fitness Light:

30-20-10

Back Rack Lunges 45/35

Push Ups

Competitors:

50-35-20

Back Rack Lunges 95/65

Handstand Push Ups

Thursday, December 6, 2018

Time Domain: (A) 15 minutes, (B) 10 minutes, (C) 9 minutes

WOD Notes: Today is a break from intensity however if you can't survive with some cardio there is an option below. Incline the benches with plates or any other sturdy equipment. (C) Pick an amount of reps and stick with it.

More Scaling Options: Ring Rows

General Fitness:

A. Bench Press

3x10 Across (65%-75% 1RM)

B. Incline Dumbell Bench Press

3x10 Across

C. 3 Rounds

Max Strict Pull Ups Across

Optional: Not part of class

21-15-9

Ski Erg Calories

Bike Calories

General Fitness Light:

A. Bench Press

3x10 Across (65%-75% 1RM)

B. Incline Dumbell Bench Press

3x10 Across

C. 3 Rounds

Max Banded Pull Ups Across

Optional: Not part of class

21-15-9

Ski Erg Calories

Bike Calories

Competitors:

A. Bench Press

3x10 Across (65%-75% 1RM)

B. Incline Dumbell Bench Press

3x10 Across

C. 3 Rounds

Max Strict Pull Ups Across

Optional: Not part of class

21-15-9

Ski Erg Calories

Bike Calories

Friday, December 7, 2018

Time Domain: 12 minutes

WOD Notes: (GF) Ring assist rig for dips, Bands, Do not weight your dips unless you can perform 15-20 with FULL range of motion.

More Scaling Options: 95/65, 75/55, low matador for dips

General Fitness:

“Fore!”

AMRAP 4

Clean & Jerk 115/80

AMRAP 4

Calorie Row

AMRAP 4

Burpees

Optional:

Dips 5x5-10

General Fitness Light:

“Fore!”

AMRAP 4

Clean & Jerk 65/45

AMRAP 4

Calorie Row

AMRAP 4

Burpees

Optional:

Bench Dips 5x5

Competitors:

“Fore!”

AMRAP 4

Clean & Jerk 135/95

AMRAP 4

Calorie Row

AMRAP 4

Burpees

Optional:

Weighted Dips 5x5

Sunday, December 9, 2018

Time Domain: 15-25 minutes

WOD Notes: Prison Burpee = 3 Push Ups then touch a target 6" above your reach.

More Scaling Options: 315/220, 275/195, 185/135, 135/95, 115/75, Knotted Rope Climb, Half Rope Climb

General Fitness:

**30 Wall Ball 20/14
10 Triple Push Ups
10 Deadlifts 235/165
10 Rope Climbs
10 Deadlifts 235/165
10 Triple Push Ups
30 Wall Ball 20/14**

General Fitness Light:

**20 Wall Ball 14/10
10 Double Push Ups
10 Deadlifts 165/115
10 Floor Rope Climbs
10 Deadlifts 165/115
10 Double Push Ups
20 Wall Ball 14/10**

Competitors:

**30 Wall Ball 30/20
10 Triple Push Ups
10 Deadlifts 355/235
10 Rope Climbs
10 Deadlifts 355/235
10 Triple Push Ups
30 Wall Ball 30/20**