

Sunday, December 16, 2018

Time Domain: 25-30 minutes

WOD Notes: Use 24"/20" for the box step overs.

More Scaling Options: Decrease load and reps further as needed.

General Fitness:

"Rainbows & Unicorns"

30/25 Calorie Bike

25' DB Walk Front Lunge 35/20

30 DB Box Step Overs 35/20

30 DB Push Press 35/20

25' DB Walk Front Lunge

60/45 Calorie Bike

25' DB Walk Front Lunge

30 DB Box Step Overs

30 DB Push Press

25' DB Walk Front Rack Lunge

30/25 Calorie Bike

General Fitness Light:

"Rainbows & Unicorns"

20/15 Calorie Bike

25' Walk Lunge

20 Box Step Overs

20 DB Push Press 25/15

25' Walk Lunge

30/25 Calorie Bike

25' Walk Front Lunge

20 Box Step Overs

20 Push Press

25' Walk Lunge

20/15 Calorie Bike

Competitors:

"Rainbows & Unicorns"

30/25 Calorie Bike

25' DB Walk Front Lunge 50/35

30 DB Box Step Overs 50/35

30 DB Push Press 50/35

25' DB Walk Front Lunge

60/45 Calorie Bike

25' DB Walk Front Lunge

30 DB Box Step Overs

30 DB Push Press

25' DB Walk Front Rack Lunge

30/25 Calorie Bike

Monday, December 17, 2018

Time Domain: 15-20 minutes

WOD Notes: N/A

More Scaling Options: 115/80, 75/55, Banded Hand Release Push Ups

General Fitness:

**25 Power Cleans 95/65
50 Hand Release Push Ups
20 Power Cleans
40 Hand Release Push Ups
15 Power Cleans
30 Hand Release Push Ups
10 Power Cleans
20 Hand Release Push Ups
5 Power Cleans
10 Hand Release Push Ups**

General Fitness Light:

**30 Power Cleans 65/45
30 Hand Release Push Ups
20 Power Cleans
20 Hand Release Push Ups
10 Power Cleans
10 Hand Release Push Ups**

Competitors:

**25 Power Cleans 135/95
50 Hand Release Push Ups
20 Power Cleans
40 Hand Release Push Ups
15 Power Cleans
30 Hand Release Push Ups
10 Power Cleans
20 Hand Release Push Ups
5 Power Cleans
10 Hand Release Push Ups**

Tuesday, December 18, 2018

Time Domain: 15-20 minutes

WOD Notes: Senior Chief Petty Officer Thomas J. Valentine, 37, of Ham Lake, Minnesota, died in a training accident in Arizona, on Feb. 13

More Scaling Options: 75/55, Half Rope Climbs, Reduce reps further as Needed.



General Fitness:

“Tommy V”

21 Thrusters 95/65

9 Rope Climbs

15 Thrusters 95/65

6 Rope Climbs

9 Thrusters 95/65

3 Rope Climbs

General Fitness Light:

“Tommy V”

21 Thrusters 65/45

9 Floor Rope Climbs

15 Thrusters 65/45

6 Floor Rope Climbs

9 Thrusters 65/45

3 Floor Rope Climbs

Competitors:

“Tommy V”

21 Thrusters 115/80

12 Rope Climbs

15 Thrusters 115/80

9 Rope Climbs

9 Thrusters 115/80

6 Rope Climbs

Wednesday, December 19, 2018

Time Domain: 10 minutes or less

WOD Notes: Don't sacrifice safety or a lot of technique for your 1RM.

More Scaling Options: Reduce reps further as needed.

General Fitness:

A. Establish a 1RM Back Squat

**B.
100 Double Unders
1000m Row
50 Burpees**

General Fitness Light:

A. Establish a moderate Back Squat

**B.
200 Single Unders
500m Row
25 Burpees**

Competitors:

A. Establish a 1RM Back Squat

**B.
200 Double Unders
1000m Row
50 Burpees**

Thursday, December 20, 2018

Time Domain: 12 minutes

WOD Notes: Reduce GHD's to 12 if you are new to this movement. Women use a medball as a target for the GHD.

More Scaling Options: Parallel GHD Sit Ups, Medball Sit Ups

General Fitness:

AMRAP 12

16 Power Snatch 75/55

24 V-Ups

Optional:

Death by Calorie Bike

Minute 1 – 3 calories

Minute 2 – 6 calories

Minute 3 – 9 calories

Etc...

General Fitness Light:

AMRAP 12

16 Power Snatch 65/45

24 Sit Ups

Optional:

Death by Calorie Bike

Minute 1 – 3 calories

Minute 2 – 6 calories

Minute 3 – 9 calories

Etc...

Competitors:

AMRAP 12

16 Power Snatch 75/55

24 GHD Sit Ups

Optional:

Death by Calorie Bike

Minute 1 – 3 calories

Minute 2 – 6 calories

Minute 3 – 9 calories

Etc...

Friday, December 21, 2018

Time Domain: 18-25 minutes

WOD Notes: N/A

More Scaling Options: Ring Rows, Row 1000m (500m GFL), Bike 2000m (1000m GFL)

General Fitness:

Run 800m

10 Rounds

10 Wall Ball 20/10

7 Pull Ups

Run 800m

General Fitness Light:

Run 400m

10 Rounds

7 Wall Ball 14/10

7 Jumping Pull Ups

Run 400m

Competitors:

Run 800m

10 Rounds

10 Wall Ball 20/10

10 Pull Ups

Run 800m

Saturday, December 22, 2018

Time Domain: 7 minutes

WOD Notes: Don't sacrifice safety or a lot of technique for your 1RM.

Handstand Push Ups: HSPU's are an advanced movement, usually for competitors, but they are not a necessity for most. They will not change your quality of life or help you lose weight. They display shoulder strength and stamina and midline strength. It makes no difference to me whether you ever do one. I rather see you get strict pull ups. Regular push ups should not be viewed as inferior but rather what is more useful to you. 7 Weighted Push Ups will be plenty.

More Scaling Options: Abmat HSPU, Weighted Push Ups, Reduce DL load further as needed.

General Fitness:

A. Establish a 1RM Deadlift

B. AMRAP 7

7 Deadlift 185/135

7 Handstand Push Ups

7 Bar Facing Burpees

General Fitness Light:

A. Establish a heavy Deadlift

B. AMRAP 7

7 Deadlift 135/95

7 Push Ups

7 Bar Facing Burpees

Competitors:

A. Establish a 1RM Deadlift

B. AMRAP 7

7 Deadlift 275/195

7 Handstand Push Ups

7 Bar Facing Burpees