







FOR TIME:

- I Rope Climb 4,5m
- 4/3 Rope Climbs 3,5m
- 21/18 HSPU's
- I Rope Climb 4,5m
- 3/2 Rope Climbs 3,5m
- 15/12 HSPU's
- 1 Rope Climb 4,5m
- 2/1 Rope Climbs 3,5m
- 9/6 HSPU's
- TIME CAP: 8 MIN







FOR TIME:

- 3200 m Run
- 4000 m Bike Erg
- 150 m Swim
- TIME CAP: No Time Cap









FOR TIME: 2/2/2/3

2 MIN ON, 1 MIN OFF: 4TH ROUND EXTENDED TO 3 MIN.

- Accumulate 60 Front Squats at 60/37,5 kg
- Every interval starts with BUY IN:
- 12 T2B's
- 12 Box Jump Overs at 60/50 cm
- TOTAL TIME: 12 MIN









6 MIN AMRAP:

- Buy in: 3 ROUNDS FOR TIME:
- 15/12 Cals Echo Bike
- 3 Shoulder To Overhead at 80/45 kg (from rack)
 - In remaining time find:
- 2RM Shoulder to overhead (from rack)
- *Tie break: In case of the same weight for 2RM, decide the time of 3 rounds.





PART A: 00:00-05:00: FOR TIME

- 100 m Sled Push at 60/40 kg Plate
- 2x100 m Run
- 100 m Sled Push at 60/40 kg Plate
 rest till 5:00 -

PART B: 05:00-14:00: FOR TIME

- 2x100 m D-DB Farmer Carry at 2x22,5/15 kg
- 400 m Run
- 2x100 m Sandbag Carry at 68/45 kg (anyhow)







3 ROUNDS FOR TIME:

- 3 lengths Sled Pulls at 50/25 kg
- 15/12 D-DB Bench Presses at 2x22,5/15 kg
- TIME CAP: 9 MIN







FOR TIME:

- Buy in:
- 15/12 Bar Muscle Ups

Then: 3 Rounds:

- 6-9-12 D-DB Deadlifts at 2x 22,5/15 kg
- 2x 6 m Handstand Walks (6 m UB)
- TIME CAP: 8 MIN

