Friday	Saturday	Sunday		
Rxd	Rxd	Rxd		
400m Run	Partner Workout	15/10cal Row		
30 Strict HSPU	While one Partner performs:	10 Wall Ball		
40 Box Jumps	200m Double Plate Carry	10 Squat Clean (95/65lbs)		
400m Run	The other performs AMRAP of:	10 Slam Ball		
20 Strict HSPU	1 Pullup + 1 Toes to Bar	8 Rounds		
30 Box Jumps	Switch			
400m Run	AMRAP 8min			
	Straight into			
	400m Double Plate Carry as a team			
	* Switch as needed			
Fitness	Fitness	Fitness		
400m Run	Partner Workout	10/5cal Row		
20 Pike Pushups	While one Partner performs:	10 Wall Ball		
40 Step Ups	200m Single Plate Carry	10 Power Clean		
200m Run	The other performs AMRAP of:	10 Slam Ball		
20 Pike Pushups	1 Jumping Pullup + 1 Hanging Knee Raise	6 Rounds		
30 Step Ups	Switch			
400m Run	AMRAP 8min			
	Straight into			
	400m Single Plate Carry as a team			
	* Switch as needed			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rxd	Rxd	Rxd	Rxd	Rxd	Rxd	Rxd
21-18-15	Deadlift	Run 800m	50 Wall Ball	4 Front Rack Lunge (135/95lbs)	Partner Workout	4 Muscle Up
Burpee Box Jump Over	5-3-1-3-5	Then:	40 Pushups	4 Shoulder to Overhead	2km Row	100m Carry
Single Arm DB Hang Power Snatch (45/25lbs)	1	35 Double Unders	30 DB Front Squats (45/25lbs)	AMRAP 7min	Then:	6 Muscle Up
Air Squat	*Optional Finisher	3 x 5-10-15m shuttles (60m)	20 Ring Dips		10 SDHP	200m Carry
		5 Rounds	10 DB Thrusters		20 Lateral Bar Jumps	8 Muscle Up
		Run 800m	5 Wall Climbs		10 Rounds	300m Carry
						10 Muscle Up
						400m Carry
Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness
18-15-12	Deadlift	Run 600m	10 Wall Ball	4 Front Rack Lunge	Partner Workout	8 Jumping Chest to Bar Pullup
Burpee Box Step Over	5-3-3-5	Then:	8 Pushups	4 Shoulder to Overhead	2km Row	200m Carry
Single Arm DB Hang Power Snatch		35 Single Unders	6 DB Front Squats	AMRAP 7min	Then:	12 Jumping Chest to Bar Pullup
Air Squat	*Optional Finisher	3 x 5-10-15m shuttles (60m)	4 Dips		10 SDHP	200m Carry
		5 Rounds	2 DB Thrusters		20 Lateral Bar Hops	16 Jumping Chest to Bar Pullup
		Run 600m	4 Rounds		8 Rounds	200m Carry
						20 Jumping Chest to Bar Pullup
						200m Carry

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rxd	Rxd	Rxd	Rxd	Rxd	Rxd	Rxd
Min 1: 15 DB Push Jerk (55/35lbs)	12 Front Squat (95/65lbs)	21-15-9	Back Squat	30sec-60sec-90sec-120sec	Partner Diane	400m Run
Min 2: 15/10 Assault Bike	24 Box Jumps	GHD Situp	4-4-4-4-4	Double Unders	Diane	200m Prowler Push
Min 3: 10 DB Box Step Ups	12 OH Squats	Power Snatch (115/75lbs)		Ring Hold	21-15-9	15 Chest to Bar Pullups
5 Rounds	5 Rounds			Burpee	Deadlift (225/155)	Rest 1min
				Ring Row Hold	HSPU	3 Rounds
				Rest	AMRAP 15min	
Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness
Min 1: 10 DB Push Jerk	8 Front Squat	21-15-9	Back Squat	30sec-60sec-90sec-120sec	Partner Diane	400m Run
Min 2: 12/8 Assault Bike	16 Fast Feet	Situp	4-4-4-4-4	Sinlge Unders	Diane	200m Prowler Push
Min 3: 10 Box Step Ups	8 OH Squats	Power Snatch		Ring Hold	21-15-9	15 Hard Ring Rows
5 Rounds	5 Rounds			Burpee	Deadlift	Rest 1min
				Ring Row Hold	Pike Pushup	3 Rounds
				Rest	AMRAP 15min	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rxd	Rxd	Rxd	Rxd	Rxd	Rxd	Rxd
1min Back Squat (95/65lbs)	500m Row	Hang Squat Clean	20 Hip Extension (Weighted)	20 Rope Climbs	12 days of Xmas Wod	Partner Workout
1min Pushup	8 Power snatch (115/75lbs)	• .	400m Run	Every 2min perform 50ft	1 Power Clean and Jerk (155/115lbs)	Wall Ball
1min Thruster	16 Knees to Elbows		20 Anchored Situps (Weighted)		2 Bar Muscle Ups	AMRAP 4min
1min Rest	4 Rounds		3 Rounds		3 Front Squat	Double Unders
3 Rounds					4 Toes to Bar	AMRAP 3min
	OR				5 Ring Dips	Jumping Pullup
					6 Box Jump (24/20)	AMRAP 2min
	2km Row				7 Pullups	Air Squat
	Then, 4 rounds of:				8 Deadlifts	AMRAP 1min
	8 Power Snatch				9 KB Swings (24/16kg)	
	16 Knees to Elbows				10 Situps	
					11 Burpees	
					12 Overhead Lunges	
Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness
1min Back Squat	500m Row	Hang Power Clean	15 Good Mornings	20 Seated Rope Climbs or Rope Pulls	12 days of Ymas Wod	Partner Workout
1min Pushup	8 Power Snatch	4-4-4-4-4	200m Run	Every 2min perform 3 Floor Around the		Wall Ball
1min Thruster	8 Hanging Leg Raises	77777	15 Anchored Situps	Worlds	2 False Grip Ring Row	AMRAP 4min
1min Rest	4 Rounds		3 Rounds	Tronds	3 Front Squat	Fast Feet
3 Rounds	Trounds		o reduido		4 Lying leg to pole	AMRAP 3min
0.11041140	OR				5 Pushups	Jumping Pullup
	0.1				6 Step ups	AMRAP 2min
	2km Row				7 Jumping Pullups	Air Squat
	Then, 4 rounds of:				8 Deadlifts	AMRAP 1min
	8 Power Snatch				9 KB Swings	
	8 Hanging Leg Raises				10 Situps	
	3 3 13 1 19				11 Burpees	
					12 Walking Lunges	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rxd	Rxd	Rxd	Rxd	Rxd	Rxd	Rxd
* Home Workout	4 Hang Power Snatch (135/95lbs)	100 Double Unders	Thruster	4-8-12-16 and so on	100m Run	Partner 'King Kong'
40-30-20-10	6 Lateral Burpee Over the Bar	15 Strict Pullups	1-1-1-1-1-1	Russian KB Swings (24/16kg)	10 Plate Jumps	1 Deadlift (315/225lbs)
Mountain Climbers	AMRAP 12min	80 Double Unders		KB OH Situp	10 Plate Lunges	2 Muscle Ups
Air Squats		20 Chest to Bar Pullups		KB SDHP	10 Rounds	3 Cleans (185/135lbs)
V-Ups		60 Double Unders		200m KB Carry between		4 Handstand Push Ups
		25 Pullups		rounds		8 Rounds
				As far as possible in 20min		* Muscle Ups and HSPU
						performed in sync
						* Split Weightlifting movements
						as needed
Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness
* Home Workout	4 Hang Power Snatch	100 Fast Feet	Thruster	4-8-12-16 and so on	100m Run	Partner 'King Kong'
40-30-20-10	6 Lateral Burpee Over the Bar	15 Strict Ring Pullups	5-5-5-5-5	Russian KB Swings	10 Plate Jumps	4 Deadlift
Mountain Climbers	AMRAP 12min	80 Fast Feet		KB Situp	10 Plate Lunges	4 Box Muscle Up
Air Squats		20 Ring Rows		KB SDHP	10 Rounds	4 Power Cleans
V-Ups		60 Fast Feet		200m KB Carry between		4 Barbell Press
		25 Jumping Pullups		rounds		8 Rounds
				As far as possible in 20min		* Muscle Ups and Press
						performed in sync
						* Split Weightlifting movements
						as needed