

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
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	4-4-4-4-4-4	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	4-4-4-4-4-4	Single 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	<i>12 days of Xmas Wod</i>	Partner Workout
1min Pushup	8 Power snatch (115/75lbs)	2-2-2-2-2	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)	Handstand Walk	2 Bar Muscle Ups	AMRAP 4min
1min Rest	4 Rounds		3 Rounds		3 Front Squat	Double Unders
3 Rounds	OR				4 Toes to Bar	AMRAP 3min
					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	<i>12 days of Xmas Wod</i>	Partner Workout
1min Pushup	8 Power Snatch	4-4-4-4-4-4	200m Run	Every 2min perform 3 Floor Around the	1 Power Clean and Jerk	Wall Ball
1min Thruster	8 Hanging Leg Raises		15 Anchored Situps	Worlds	2 False Grip Ring Row	AMRAP 4min
1min Rest	4 Rounds		3 Rounds		3 Front Squat	Fast Feet
3 Rounds	OR				4 Lying leg to pole	AMRAP 3min
					5 Pushups	Jumping Pullup
					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	
					11 Burpees	
					12 Walking Lunges	

