## June Weapons

					- Canto Troapono		
Sunday 05-06-16							
A1	Power Sn + 2 OHS	6sets	@70-80%	90-120rest			
 31	Negative Pull Ups	5x3	@40A0	60sec rest	Use load if needed		
32	DB Bench Press	5x8-10	@20x0	60sec rest			
	DB Belicii i less	380-10	@2000	00360 1631			
ALac P1							
	40s work	6min rest	40s work	6min rest	x2	This is looking for repeatable intensity	
	40 and Aintib	desire ELD	Francisch Mari	dusin Halland Hald			
	10cal Airfit Max Effort Burpees	1min FLR 1min Active Hang	Fran weight Max Thrusters	1min Hollow Hold		90% Work Effort Take a knee after	
	Wax Enert Barpood	Timit / tollvo Tiding	Thrustore			the effort	
Monday 06-06-16							
\1	Sumo Deadlift	6x5-7	@30x0	90-120rest			
31	Push Press	4x5		60-90rest			
32	1Arm Row	4x8-10	@20x2	60-90rest			
Лар 5	3min work	2min rest	3min work	2min rest	3min work		
	10 Back squat		150m row		50 DU's		
	@60%		15 Ring Rows		25 Push Press		
	10 Push Ups 10 V Ups		10 AKBS (Heavy)		20/15 12 Burpees		
					5010000		
Sunday 12-06-16							
<b>A1</b>	Power Sn + 2 OHS	6sets	@70-80%	90-120rest			
31	Negative Pull Ups	5x4	@40A0	60sec rest	Use load if needed		
 32	Dips	5x5-7	@20x0	60sec rest			
ALac P2		5min rest		5min rest	1m	90% Work Effort	
		1000		2		Take a knee after	
						the effort	
	Power Clean @70% AMRAP		Burpees AMRAP		10cal Airfit Du's AMRAP	x2	
	© 10% AIVINAP				Du S AIVIDAF		
Monday 13-06-16							
A1	Front Squat	6x5-7	@30x0	90-120rest			
B1	Pendelay Row	4x8-10	@20x0	60-90rest			
 B2	Z Press	4x10-12	@30x0	60-90rest			
		-					
Map 4	2m	2min rest	2m	2min rest	2m		
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	12 KB FR Lunge 9 TTB		Max Effort Cal Row		15 BJSD 12 AKBS (Heavy)	Repeat Round 1&3	
	6 Push Press				9 Dips Ring or bar		
	(Moderate)						
Sunday 19-06-16							
<b>A1</b>	Power Sn + 2 OHS	6sets	@70-80%	90-120rest			
 B1	Negative to Positive	5x5	@40x0	60sec rest	Use load if needed		
	Pull Ups						
B2	Close Grip Bench	5x5-7	@20x0	60sec rest			
	Press						
ALac P2	1m	5min rest	1m	5min rest	1m		
	AirFit 20cals		50 DU's		Sled Push		
	Max Effort Burpees		Max Effort RKBS		(Running)		
			(Light)				
				1		I the second of	
Monday 20-06-16							
Monday 20-06-16							
	Sumo Deadlift	6x5-7	@30x0	90-120rest			
<b>A1</b>	Sumo Deadlift Push Press	6x5-7 4x5	@30x0	90-120rest 60-90rest			
<b>A1</b> 31	Push Press	4x5		60-90rest			
A1 31			@30x0 @20x2				
A1 B1 B2	Push Press 1Arm Row	4x5 4x8-10	@20x2	60-90rest 60-90rest			
A1 31 32	Push Press 1Arm Row 2m	4x5	@20x2 2m	60-90rest	2m		
A1 B1 B2	Push Press 1Arm Row 2m 400m run	4x5 4x8-10	@20x2 2m 400m run	60-90rest 60-90rest	400m run		
A1 B1 B2	Push Press 1Arm Row 2m	4x5 4x8-10	@20x2 2m	60-90rest 60-90rest			
A1 B1 B2	Push Press 1Arm Row 2m 400m run	4x5 4x8-10	@20x2 2m 400m run	60-90rest 60-90rest	400m run Max RKBS		
A1 B1 B2 Map 4	Push Press 1Arm Row 2m 400m run	4x5 4x8-10	@20x2 2m 400m run	60-90rest 60-90rest	400m run Max RKBS		
A1 B1 B2 Map 4	Push Press 1Arm Row 2m 400m run	4x5 4x8-10	@20x2 2m 400m run	60-90rest 60-90rest	400m run Max RKBS		
A1 B1 B2 Map 4	Push Press  1Arm Row  2m  400m run Max burpees	4x5 4x8-10 2min rest	@20x2  2m  400m run Max BJSD	60-90rest 60-90rest 2min rest	400m run Max RKBS		
Monday 20-06-16  A1  B1  B2  Map 4  Sunday 26-06-16	Push Press  1Arm Row  2m  400m run Max burpees  Power Sn + 2 OHS	4x5 4x8-10  2min rest  6sets	@20x2  2m  400m run  Max BJSD  @70-80%	60-90rest 60-90rest	400m run Max RKBS Moderate		
A1 B1 B2 Map 4	Push Press  1Arm Row  2m  400m run Max burpees	4x5 4x8-10 2min rest	@20x2  2m  400m run Max BJSD	60-90rest 60-90rest 2min rest	400m run Max RKBS		
Map 4 Sunday 26-06-16	Push Press  1Arm Row  2m  400m run Max burpees  Power Sn + 2 OHS	4x5 4x8-10  2min rest  6sets	@20x2  2m  400m run  Max BJSD  @70-80%	60-90rest 60-90rest 2min rest 90-120rest	400m run Max RKBS Moderate		

ALac P1	40s work	6min rest	40s work	6min rest	x2	This is looking for repeatable intensity		
	10cal Airfit Max Effort Burpees	1min FLR 1min Active Hang	Fran weight Max Thrusters	1min Hollow Hold		90% Work Effort Take a knee after the effort		
Monday 27-06-16								
<b>A1</b>	Front Squat	6x5-7	@30x0	90-120rest				
B1	Pendelay Row	4x8-10	@20x0	60-90rest				
B2	Z Press	4x10-12	@30x0	60-90rest				
Map 3	1m 30s	90 rest	1m 30s	90 rest	1m 30s	90 rest		
	Max Distance Row		Max Effort RKBS		Max Distance Row			
	1m 30s 90 rest  Max Effort Du's		1m 30s	90rest	1m 30s			
			Max Distance Row		Max Effort DU's			