

June Weapons

| June Weapons | | | | | | |
|------------------------|---|------------------------------|---|------------------|--|--|
| Sunday 05-06-16 | | | | | | |
| A1 | Power Sn + 2 OHS | 6sets | @70-80% | 90-120rest | | |
| B1 | Negative Pull Ups | 5x3 | @40A0 | 60sec rest | Use load if needed | |
| B2 | DB Bench Press | 5x8-10 | @20x0 | 60sec rest | | |
| ALac P1 | | | | | | |
| C | 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 06-06-16 | | | | | | |
| A1 | Sumo Deadlift | 6x5-7 | @30x0 | 90-120rest | | |
| B1 | Push Press | 4x5 | | 60-90rest | | |
| B2 | 1Arm Row | 4x8-10 | @20x2 | 60-90rest | | |
| Map 5 | 3min work | 2min rest | 3min work | 2min rest | 3min work | |
| | 10 Back squat @60% 10 Push Ups 10 V Ups | | 150m row 15 Ring Rows 10 AKBS (Heavy) | | 50 DU's 25 Push Press 20/15 12 Burpees | |
| Sunday 12-06-16 | | | | | | |
| A1 | Power Sn + 2 OHS | 6sets | @70-80% | 90-120rest | | |
| B1 | Negative Pull Ups | 5x4 | @40A0 | 60sec rest | Use load if needed | |
| B2 | Dips | 5x5-7 | @20x0 | 60sec rest | | |
| ALac P2 | | 1m 5min rest | | 1m 5min rest | | 1m 90% Work Effort Take a knee after the effort |
| C | Power Clean @70% AMRAP | | Burpees AMRAP | | 10cal Airfit Du's AMRAP | x2 |
| 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 |
| | 12 KB FR Lunge 9 TTB 6 Push Press (Moderate) | | Max Effort Cal Row | | 15 BJSD 12 AKBS (Heavy) 9 Dips Ring or bar | Repeat Round 1&3 |
| Sunday 19-06-16 | | | | | | |
| A1 | Power Sn + 2 OHS | 6sets | @70-80% | 90-120rest | | |
| B1 | Negative to Positive Pull Ups | 5x5 | @40x0 | 60sec rest | Use load if needed | |
| B2 | Close Grip Bench Press | 5x5-7 | @20x0 | 60sec rest | | |
| ALac P2 | | 1m 5min rest | | 1m 5min rest | | 1m |
| | AirFit 20cals Max Effort Burpees | | 50 DU's Max Effort RKBS (Light) | | Sled Push (Running) | |
| Monday 20-06-16 | | | | | | |
| A1 | Sumo Deadlift | 6x5-7 | @30x0 | 90-120rest | | |
| B1 | Push Press | 4x5 | | 60-90rest | | |
| B2 | 1Arm Row | 4x8-10 | @20x2 | 60-90rest | | |
| Map 4 | | 2m 2min rest | | 2m 2min rest | | 2m |
| | 400m run Max burpees | | 400m run Max BJSD | | 400m run Max RKBS Moderate | |
| Sunday 26-06-16 | | | | | | |
| A1 | Power Sn + 2 OHS | 6sets | @70-80% | 90-120rest | | |
| B1 | Pull Ups | 5x3 | @40x0 | 60sec rest | Load expected | |
| B2 | Dips | 5x5-7 | @20x0 | 60sec rest | | |

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|------------------------|------------------------------------|------------------------------|------------------------------|------------------|------------------|--|--|--|--|--|
| 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 | | | | | | | | | | |
| 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 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 | 1m 30s | 90rest | 1m 30s | | | | | |
| | Max Effort Du's | | Max Distance Row | | Max Effort DU's | | | | | |
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