

KETTLEBELL & DUMBBELL

Øvelse	Fundamentals	Scaled	Intermediate	RX	Elite
Kettlebell swings	Russian (20/12)	Russian (24/16)	Russian (32/24) American (24/16)	American (32/24)	
Deadlifts (KB DB)	Dual (20/12 20/12,5)	Dual (24/16 22,5/15)	Dual (32/24 30/20)	Dual (+32/+24 +30/+20)	
Squats, Lunges (KB DB)	Single (20/12 20/12,5) VARIATIONER: Two-hand hold Overhead	Single (20/12 20/12,5) VARIATIONER: Two-hand hold Overhead	Single (32/24 30/20) Dual (24/16 22,5/15) VARIATIONER: One-hand hold Overhead (20/12 22,5/15)	Single (32/24 30/20) Dual (28/20 22,5/15) VARIATIONER: One-hand hold Overhead (24/16 30/20)	
Cleans (KB DB)	Single (20/12 20/12,5) VARIATIONER: Hang Power Squat	Single (20/12 20/12,5) VARIATIONER: Hang Power Squat	Single (32/24 30/20) Dual (24/16 22,5/15) VARIATIONER: Hang Power Squat	Single (32/24 30/20) Dual (28/20 22,5/15) VARIATIONER: Hang Power Squat	
Presses (KB DB)	Single (20/12 20/12,5) VARIATIONER: Anyhow Push press Jerk	Single (20/12 20/12,5) VARIATIONER: Anyhow Push press Jerk	Single (24/16 22,5/15) Dual (24/16 22,5/15) VARIATIONER: Anyhow Push press Jerk	Single (32/24 30/20) Dual (28/20 22,5/15) VARIATIONER: Anyhow Push press Jerk	
Snatches (KB DB)	-	Single (20/12 20/12,5) VARIATIONER: Hang Power Squat	Single (24/16 22,5/15) Dual (20/12 20/12,5) VARIATIONER: Hang Power Squat	Single (32/20 30/20) Dual (28/20 22,5/15) VARIATIONER: Hang Power Squat	

BARBELL

Øvelse	Fundamentals	Scaled	Intermediate	RX	Elite
Deadlifts	60/40	80/55	100/65-70	120/85	
Squats, Lunges	42,5/30 VARIATIONER: Front Back (squat fra rack +10/5) Overhead	50/35 VARIATIONER: Front Back (squat fra rack +10/5) Overhead	70/45-50 VARIATIONER: Front Back (- squat fra rack +10/5) Overhead (60/40)	100/65-70 VARIATIONER: Front Back (- squat fra rack +20/10) Overhead (80/55)	
Cleans	42,5/30 VARIATIONER: Hang Power Squat	50/35 VARIATIONER: Hang Power Squat	70/45-50 VARIATIONER: Hang Power Squat	100/65-70 VARIATIONER: Hang Power Squat	
Presses	42,5/30 VARIATIONER: Anyhow Push press Jerk	50/35 VARIATIONER: Anyhow Push press Jerk	70/45-50 VARIATIONER: Anyhow Push press Jerk	100/65-70 VARIATIONER: Anyhow Push press Jerk	
Thrusters	40/25	42,5/30	60/40	80/55	
Snatches	-	-	60/40 VARIATIONER: Hang Power Squat	80/55 VARIATIONER: Hang Power Squat	

GYMNASTIC MOVEMENTS

Øvelse	Fundamentals	Scaled	Intermediate	RX	Elite
Toes to bar	Heels above hips TEAM VARIATIONER: Sync Krav for begge atleter	Heels above hips TEAM VARIATIONER: Sync Krav for begge atleter	Toes to bar TEAM VARIATIONER: Sync Krav for begge atleter	Toes to bar TEAM VARIATIONER: Sync Krav for begge atleter	Toes to bar TEAM VARIATIONER: Sync Krav for begge atleter
Pull-ups	Jumping pull-ups TEAM VARIATIONER: Sync Krav for begge atleter	Pull-ups TEAM VARIATIONER: Sync Krav for begge atleter	Pull-ups Chest to bar TEAM VARIATIONER: Sync (Pull-ups, Chest to bar) Krav for begge atleter	Pull-ups Chest to bar Bar/ Ring muscle-ups TEAM VARIATIONER: Sync Krav for begge atleter	Pull-ups Chest to bar Bar/ Ring muscle-ups TEAM VARIATIONER: Sync Krav for begge atleter
Wall walks	Et-punkts standard (60) TEAM VARIATIONER: Sync	To-punkts standard (150/50) TEAM VARIATIONER: Sync	Til platform/skive TEAM VARIATIONER: Sync	Til platform/skive TEAM VARIATIONER: Sync	Til platform/skive TEAM VARIATIONER: Sync
Handstand push-ups	-	-	Handstand push-ups VARIATIONER: Strict Deficit Wall-facing Free-standing TEAM VARIATIONER: Sync Krav for begge atleter	Handstand push-ups VARIATIONER: Strict Deficit Wall-facing Free-standing TEAM VARIATIONER: Sync Krav for begge atleter	Handstand push-ups VARIATIONER: Strict Deficit Wall-facing Free standing TEAM VARIATIONER: Sync Krav for begge atleter
Handstand walk	-	-	-	Handstand walk VARIATIONER: Unbroken Obstacle TEAM VARIATIONER: Krav for begge atleter	Handstand walk VARIATIONER: Unbroken Obstacle TEAM VARIATIONER: Krav for begge atleter

FUNCTIONAL MOVEMENTS

Øvelse	Fundamentals	Scaled	Intermediate	RX	Elite
Monostruktuelt	Løb Roning Bike Ski Svømning <i>(oplyses inden tilmelding)</i>	Løb Roning Bike Ski Svømning <i>(oplyses inden tilmelding)</i>	Løb Roning Bike Ski Svømning	Løb Roning Bike Ski Svømning	Løb Roning Bike Ski Svømning
Basis kropsovelser	Air squats Lunges Push-ups Sit-ups Burpees	Air squats Lunges Push-ups Sit-ups Burpees	Air squats Lunges Push-ups Sit-ups Burpees	Air squats Lunges Push-ups Sit-ups Burpees	Air squats Lunges Push-ups Sit-ups Burpees
Double unders	Single unders	Single unders	Double unders Crossovers Triple unders	Double unders Crossovers Triple unders	Double unders Crossovers Triple unders
Box jumps	Box step ups (24"/20") VARIATIONER: Overs + burpee	Box jumps (24"/20") VARIATIONER: Overs + burpee	Box jumps (30"/24") VARIATIONER: Overs + burpee	Box jumps (+30"/+24") VARIATIONER: Overs + burpee	Box jumps (+30"/+24") VARIATIONER: Overs + burpee
Wall ball shots	9/6	9/6	9/6	12/9	12/9
Pistols	-	-	Pistols VARIATIONER: Alternating Weighted TEAM VARIATIONER: Sync Krav for begge atleter	Pistols VARIATIONER: Alternating Weighted TEAM VARIATIONER: Sync Krav for begge atleter	Pistols VARIATIONER: Alternating Weighted TEAM VARIATIONER: Sync Krav for begge atleter
Rope climbs	-	Rope climbs TEAM VARIATIONER: Krav for begge atleter	Rope climbs VARIATIONER: Legless Seated	Rope climbs VARIATIONER: Legless Seated	Rope climbs VARIATIONER: Legless Seated

GHD sit-ups	-	-	GHD Sit-ups VARIATIONER: Weighted	GHD Sit-ups VARIATIONER: Weighted	GHD Sit-ups VARIATIONER: Weighted
D-ball / Sandbags	-	50/35 VARIATIONER: Anyhow carry Anyhow squats Ground to platform	50/35 VARIATIONER: Bear hug carry Bear hug Squats Ground to shoulder	70/50 VARIATIONER: Bear hug carry Bear hug Squats Ground to shoulder	70/50 VARIATIONER: Bear hug carry Bear hug Squats Ground to shoulder
Worm (team only)	-	50/35	70/50	70/50	90/65