

## KETTLEBELL & DUMBBELL

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

**BARBELL**

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

## GYMNASTIC MOVEMENTS

Øvelse	Fundamentals	Scaled	Intermediate	RX	Elite	Masters
Toes to bar	Heels above hips  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Heels above hips  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Toes to bar  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Toes to bar  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Toes to bar  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Toes to bar  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter
Pull-ups	Jumping pull-ups  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Pull-ups  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Pull-ups Chest to bar  <b>TEAM VARIATIONER:</b> Sync (Pull-ups, Chest to bar) Krav for begge atleter	Pull-ups Chest to bar Bar/ Ring muscle-ups  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Pull-ups Chest to bar Bar/ Ring muscle-ups  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Pull-ups Chest to bar Bar/ Ring muscle-ups  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter
Wall walks	Et-punkts standard (60)  <b>TEAM VARIATIONER:</b> Sync	To-punkts standard (150/50)  <b>TEAM VARIATIONER:</b> Sync	Til platform/skive  <b>TEAM VARIATIONER:</b> Sync	Til platform/skive  <b>TEAM VARIATIONER:</b> Sync	Til platform/skive  <b>TEAM VARIATIONER:</b> Sync	To-punkts standard (150/25)  <b>TEAM VARIATIONER:</b> Sync
Handstand push-ups	-	-	Handstand push-ups  <b>VARIATIONER:</b> Strict Deficit Wall-facing Free standing  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Handstand push-ups  <b>VARIATIONER:</b> Strict Deficit Wall-facing Free standing  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Handstand push-ups  <b>VARIATIONER:</b> Strict Deficit Wall-facing Free standing  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter	Handstand push-ups  <b>VARIATIONER:</b> Strict Deficit Wall-facing Free standing  <b>TEAM VARIATIONER:</b> Sync Krav for begge atleter
Handstand walk	-	-	-	Handstand walk  <b>VARIATIONER:</b> Unbroken Obstacle  <b>TEAM VARIATIONER:</b> Krav for begge atleter	Handstand walk  <b>VARIATIONER:</b> Unbroken Obstacle  <b>TEAM VARIATIONER:</b> Krav for begge atleter	Handstand walk  <b>VARIATIONER:</b> Unbroken Obstacle  <b>TEAM VARIATIONER:</b> Krav for begge atleter

## FUNCTIONAL MOVEMENTS

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

GHD sit-ups	-	-	GHD Sit-ups	GHD Sit-ups	GHD Sit-ups	GHD Sit-ups
			<b>VARIATIONER:</b> Weighted	<b>VARIATIONER:</b> Weighted	<b>VARIATIONER:</b> Weighted	<b>VARIATIONER:</b> Weighted
D-ball / Sandbags	-	50/35	50/35	70/50	70/50	60/40
		<b>VARIATIONER:</b> Anyhow carry Anyhow squats Ground to platform	<b>VARIATIONER:</b> Bear hug carry Bear hug Squats Ground to shoulder	<b>VARIATIONER:</b> Bear hug carry Bear hug Squats Ground to shoulder	<b>VARIATIONER:</b> Bear hug carry Bear hug Squats Ground to shoulder	<b>VARIATIONER:</b> Bear hug carry Bear hug Squats Ground to shoulder
Worm (team only)	-	50/35	70/50	70/50	90/65	MM/FF: 70/50 Mix: 65