

Training 1

Warm up:

4 min AMRAP

- 5 Russian KB Swings
- 5 Push-ups
- 5 Shuttle runs

With an empty barbell:

- 10 Clean deadlifts
- 10 Clean high pulls from hang
- 5 Hang muscle cleans + 5 Front squats
- 5 Tall cleans
- 5 Cleans

Weightlifting:

Clean

1. Build to today's technical heavy 2 (Drop and go).
2. 5 x 1 @ 90-100% of 1.

This is the final week of our 4 week clean progression. Start by building to a technical heavy double for the day. Do not rest longer than 10 sec from dropping the barbell to setting up for the next lift. No fails, only attempt weights that you are sure you can make.

WOD:

For time:

- 20 Shuttle runs*
- 60 KB Hang snatches
- 20 Shuttle runs
- 60 KB Push press
- 10 Shuttle runs
- 30 KB Hang snatches
- 10 Shuttle runs
- 30 KB Push press
- *1 Shuttle run = 2x 7.5m
- Rx = 1x 24/16kg KB
- Time cap = 18 min

KB movements are performed single arm. Divide between both sides as needed. Find a pace on the shuttle runs that allows you to keep going without breaks. Be aware that a lot of time can be lost when switching directions.

Training 2

Warm up:

9 x 20 sec on / 10 sec off

Alt. reverse lunges

Kip swings [Video](#)

Burpees

For quality:

45 sec Wrist flow [Video](#)

3 Tempo push-ups

3 Deficit push-ups

Gymnastics:

Gymnastics Strength:

Weighted Deficit Push-ups

4 x 8-12

Use plates to create a 5cm deficit. Place a plate on your back or wear a weighted vest or both. As heavy as form allows.

WOD:

Gymnastics Conditioning:

12 min AMRAP:

6 ub Pistols L / [Step-ups L](#)

6 ub Pistols R / [Step-ups R](#)

6 Alt. single arm devils press 1x 22.5/15lg

12 TTB / [Hanging leg raises](#)

The pistols need to be unbroken, that means only the working leg can touch the floor.

Accessory:

3 Rounds for quality:

1 Wall walk

10 Wall facing HS shoulder taps

15-30 sec Wall facing HS hold

Performed as a continuous complex. Rest as needed between rounds.

Training 3

Warm up:

3 Rounds for quality:

10 Alt. single leg good mornings
8 Plank climbs [Video](#)
6 Box jumps

With an empty barbell:

5 Jefferson curls
10 Good morning
10 Stiff leg DL
10 Deadlift, pause 3 sec above the knee
10 Deadlifts

Weightlifting:

Deadlift

Every 45 sec x 15: 1 @ 80-85% of most recent 1RM

Drop the bar as soon as you've reached lockout.

WOD:

3 Rounds, each for time:

18/14 cal Echo bike
14 Box jump overs 24/20in
10 Deadlifts 100/70kg

Rest 2 min between rounds.

Don't hold back on the echo bike, you should aim for a fast but sustainable pace. The deadlifts should not be heavier than 70% of your most recent 1RM.

Training 4

Rest day

Training 5

Warm up:

GoWOD Mobility First offers FREE warm-ups and cool down for The Open.

WOD:

Open 23.2

TBA.

Keep an eye on our YouTube channel and Instagram for a break down and tips.

YouTube: www.youtube.com/theprogram

Instagram: [@TheProgram](https://www.instagram.com/TheProgram)

Full workout will be announced on CrossFit's home page: <https://open.crossfit.com>

Training 6

Warm up:

5 min Bike erg

Work between 150 - 300 Watts and adjust the damper to find the RPM's: 60/70/80/90/100

For quality:

30 sec Hang from the bar **Use a narrow hang here*

10-20 Wrist flow [Video](#)

10 Shoulder opener [Video](#)

20 Hip flow **10 reps each leg* [Video](#)

With an empty barbell:

5 Snatch deadlifts

3 Snatch pulls from mid chin + 3 Snatch pulls from hang

3 Muscle snatch from mid chin + 3 Muscle snatch from hang

3 Power snatch from mid chin + 3 Power snatch from hang

3 Snatch from mid chin + 3 Snatch from hang

Weightlifting:

Power Snatch + Hang snatch

1. Find today's technical heavy 1+1

2. Every 45 sec x 6 lifts: 1 PS at 75% of 1, each with a pause in the catch

TGU [Video](#)

Accumulate 10 reps with a heavy KB

Pause for 1-2 sec in each of the positions. Alternate sides each rep.

Conditioning

Main set:

30 min Continuous BikeErg

3 min easy RPE 4-5 (60-70 RPM)

1 min moderate RPE 6-7 (70-80 RPM)

1 min hard RPE 8-9 (80-90 RPM)

Keep one damper for this entire piece. This should not be an all out effort at any time.

Cool Down:

3 - 5 minutes low damper setting.