

## Workout Routine 27.04.2026

### **Tagestraining:**

A) 15 minutes amrap of:

10 reps DB Pullover

15 reps narrow Grip Lat Pulldown

10 reps reverse snow angels with 1,25kg

plate / 5 reps clockwise + 5 reps counter clockwise

B) For Time:

5 Power-Cleans M70Kg/W50Kg

20 Burpees over the bar

25/17 calories Bike

2 minutes rest

15 Power-Cleans

20 Burpees over the bar

25/17 calories row

**Fokus:** WOD ist ein Sprint. In den 2 Minuten Pause ist das Ziel den Puls runter zu bringen.

### **Hyrox 60**

40 rounds (8 rounds each) of 40 seconds

amrap work / 20 seconds break

1) amrap calories Ski

2) amrap reverse Step Lunges with Sandbag

3) amrap double KB-Deadlift

4) amrap Ring rows or Body rows

5) amrap Wall-Ball-Shots M9kg

### **Functional Bodybuilding:**

A) 5 rounds for quality of:

10 reps Strict Press

10 reps strict Chin-ups

B) 15 minutes amrap of:

10 reps DB Pullover

15 reps narrow Grip Lat Pulldown

10 reps reverse snow angels with 1,25kg

plate / 5 reps clockwise + 5 reps counter clockwise

## Workout Routine 28.04.2026

### **Tagestraining:**

A) 15 minutes amrap of:

20 Goblet Cossack Squats M15kg/W10kg

(10 each side) use a Plate or DB

15 Ring-rows

10 Pike Handstand-Push-ups with feet or knees on box

B) 12 minutes amrap of:

3 Devil Press

5 Pull-ups

7 Box jumps M24inch/W20inch

**Fokus:** In einem Tempo durcharbeiten: Lange Pausen vermeiden.

### **Hyrox 60:**

A) 15 minutes amrap of:

20 Goblet Cossack Squats M15kg/W10kg

(10 each side) use a Plate or DB

15 Ring-rows

10 Pike Handstand-Push-ups with feet or knees on box

B) 5 rounds for time of:

10 double DB Thrusters M15kg/W10kg

15 double DB Deadlift M15kg/W10kg

20 Step-ups with 1 DB

400 meter run

## Workout Routine 29.04.2026

### Tagestraining

A) 15 minutes amrap of:

12 reps Barbell Hip-Thrusts

12 reps Pendlay row

12 reps Dips

B) 14-12-10-8-6-4 reps for time of:

Deadlift, 60-65% 1RM

Box Jump M24inch/W20inch

Toes-to-bar

**Fokus:** flüssig durcharbeiten ohne lange Pause. Versuchen ab der Runde mit 6 reps Tempo zu erhöhen.

### Hyrox:

A) EMOM 20

1) 12/9 calories Ski

2) 12/9 calories Bike

3) 15/11 calories row

4) 10 Burpees

B) 20 minuten amrap of:

5 Pull-ups or Chin-ups

10 double DB Hang Clean & Jerk M15kg/W10kg

15 Goblet Squats with 1 DB

## Workout Routine 30.04.2026

### **Tagestraining:**

A) Pistols and rope climb practice

B) 30 minutes amrap of:

Team of 2, I go you go for full rounds

1 rope climb

10 alternating Pistols

15/12 calories Bike

**Fokus:** Eine Skalierung wählen, mit der man flüssig durcharbeiten kann.

### **Hyrox:**

Team of 2 for time:

800 meter run (both)

50 synchro Burpees

75 synchro Goblet Squats mit KB M24kg/

W16kg

100 synchro reverse step Lunges mit

Kettlebell M24kg/W16kg

800 meter run

75 synchro Goblet Squats mit KB

50 synchro Burpees

800 meter run (both)

## Workout Routine 01.05.2026

### Hyrox 90:

#### A) EMOM 15:

- 1) 3-5 reps Deadlift RPE 8-9
- 2) 6-8 reps seated DB strict Press RPE 8-9
- 3) 15-20 Tuck-ups

#### B) CrossFit Hero WOD „Helton“

Three rounds for time of:

Run 800 meters

30 reps Dumbbell squat cleans M22,5kg/W15kg

30 Burpees

## Workout Routine 02.05.2026

### Hyrox 90:

With a running clock

Dumbbell DT

5 rounds

12 deadlifts M15kg/W10kg

9 Hang power cleans M15kg/W10kg

6 push jerk M15kg/W10kg

When the clock hits 15 minutes do

400 m run

200 meter farmers Carry M22,5kg/W15kg

400 m run

30/21 calories of choice

400 m run

When the clock hits 30 minutes do

4 rounds

14 DB Thrusters M15kg/W10kg

12 Burpees over the DB

10 Box jumps M24inch/W20inch

8 Push-ups

6 Pull-ups or horizontal Ring rows

## Workout Routine 03.05.2026

### Hyrox 90:

A) „Durante Ab-Challenge“ 5 rounds of:

10 hollow rock

10 v-ups

10 tuck-ups

10 sec. hollow hold

1 minute rest

### Hyrox 60:

Team of 2 for time / I go, you go:

60 Wall-Ball-Shots M6kg/W4kg

60 Burpees

400 meter run (both are running together)

50 Wall-Ball-Shots M6kg/W4kg

50 Burpees

400 meter run

40 Wall-Ball-Shots

40 Burpees

400 meter run

30 Wall-Ball-Shots

30 Burpees

400 meter run

20 Wall-Ball-Shots

20 Burpees

400 meter run

10 Wall-Ball-Shots

10 Burpees

400 meter run