

Workout Routine 16.11.2026

Tagestraining:
Kraft: On the 3 minutes for 5 rounds do:
4-6 reps Bench-Press RPE 8-9 + 10 reps each side Gorilla row with DBs or KBs
Workout:
4 rounds for time of:
15 reps Deadlift M80kg/W55kg
25 Push-ups
Functional Bodybuilding:
A) OT 90 seconds for 5 rounds each:
8-10 reps DB Strict Press
8-10 reps Strict Pull-ups
B) 5 rounds for quality of:
20 Bulgarian Split Squats with DBs
15 reps Hollow Rock
10 strict Muscle-Snatch
HYROX 60 Min:
Team of 2 for time
100 ab mat sit-ups
80 cal row
60 ring rows
40 burpee box jump overs
20 devils press M2x15kg/W2x10kg
40 burpee box jump overs
60 ring rows
80 cal row
100 ab mat sit-ups



Workout Routine 17.11.2026

Tagestraining:
Kraft: EMOM 12:
1) 3 reps Deadlift RPE 8-9
2) 10 reps DB Hip Thrusts
Workout: 15 minutes AMRAP:
8 Front Rack reverse Step Lunges M40Kg/ 30kg (8 total)
8 Pull-ups
8 calories Row or Bike
HYROX 60 Min:
Kraft: EMOM 12:
1) 3 reps Deadlift RPE 8-9
2) 10 reps DB Hip Thrusts
Workout: 1 minute work / 30 seconds rest for 16 rounds (4 rounds each)
1) Sandbag walking Lunges M30kg/W20kg
2) calories Ski
3) Farmers Carry M2x32kg/W2x24kg
4) calories Bike



Workout Routine 18.11.2026

Tagestraining:
Kraft: accumulate 50 reps strict Pull-ups.
Use additional weight if needed.
The 50 reps should challenge you.
Workout: 21-15-9 reps for time of:
Dips
Squat cleans M60Kg/W40Kg
HYROX 60 Min:
Kraft: OT 5 minutes do 4 rounds of 500 meter row
Workout: 12 minutes amrap of:
10 Ring-Rows
10 Push-ups
10 Tuck-ups



Workout Routine 19.11.2026

Tagestraining:
Workout: In Teams of 2:
40 minutes running clock
3 rounds:
800m Row (200m intervals)
50 Pull-Ups
immediately into: 3 rounds:
50 Burpees
50 Power Cleans M60Kg/W40kg
Fokus: Schneller Partnerwechsel
Skalierung: Pull-ups = Body rows Power-Cleans = strict muscle clean
HYROX 60 Min:
Team of 2 for time:
3000 m Bike
200 russian KB Swings M32kg/W24kg
2000 m Row
150 Goblet Squats M32kg/W24kg
1000 m Ski
100 Burpees



Workout Routine 20.11.2026

Tagestraining:
Kraft: On the 3 minutes for 5 rounds do:
4-6 reps Back-Squats RPE 8-9 + 20 Squat Jumps with Medball M9kg/W6kg
Workout: 10 rounds for time of:
10 Dumbbell Deadlift M22,5kg/W15kg
8 Dumbbell Push-Press M22,5Kg/W15Kg
6 Toes to Bar
Functional Bodybuilding:
A) OT 90 seconds for 16 rounds (4 rounds each):
1) 8-12 reps Bench-Press
2) 2-3 tracks Prowler Pull
3) 8-12 reps Dips (mit Dips Horn am Rack)
4) 8-15 reps Chin-ups
B) 12 minutes amrap:
20 alternating DB Curls
20 seated bench leg lift overs
15 Supine Crush Grip DB Tricep Extensions
HYROX 60 Min:
Kraft: On the 3 minutes for 5 rounds do:
4-6 reps Back-Squats RPE 8-9 + 20 Squat Jumps with Medball M9kg/W6kg Workout:
EMOM 20
1) 12/9 calories bike
2) 20 Wall-Ball-Shots M9kg/W6kg
3) 2 Tracks Prowler Push
4) 12/9 calories ski
Fokus: Beim WOD eine Anzahl an Kalorien bzw. reps finden, die für alle Runden gehalten werden kann.



Workout Routine 21.11.2026

HYROX 90 Min:
A) Team of 2: 4 rounds of each exercise for quality:
20 reps partner Box Sit-ups
30 reps Leg Throws
B) 20 rounds of (5 rounds each part):
90 seconds work / 30 seconds break
1) 200/150 meter row + amrap Step-ups with 1 KB or DB (farmers carry hold) M24kg/ W16kg
2) amrap meters Prowler push M60kg/W40kg
3) 15/11 calories Bike + amrap jumping Lunges
4) 15 reps double DB Deadlift M22,5kg/W15kg + amrap Front Squats with 1 DB

HYROX 60 Min:
A) Team of 2: 3 rounds of each exercise for quality:
20 reps partner Box Sit-ups
30 reps Leg Throws
B) 12 rounds of (5 rounds each part):
90 seconds work / 30 seconds break
1) 200/150 meter row + amrap Step-ups with 1 KB or DB (farmers carry hold) M24kg/ W16kg
2) amrap meters Prowler push M60kg/W40kg
3) 15/11 calories Bike + amrap jumping Lunges
4) 15 reps double DB Deadlift M22,5kg/W15kg + amrap Front Squats with 1 DB



Workout Routine 22.11.2026

HYROX 90 Min:
A) OT 90 seconds for 5 rounds each exercise
1) 8 reps Back-Squats
2) 8 reps double DB Strict Press
3) 20 reps Tuck-ups
B) 6 rounds for time of:
60 double-unders
30 russian kettlebell swings
15 burpees
Men: 1.5-pood kettlebell
Women: 1-pood kettlebell

HYROX 60 Min:
Hero WOD „Dork“
6 rounds for time of:
60 double-unders
30 russian kettlebell swings
15 burpees
Men: 1.5-pood kettlebell
Women: 1-pood kettlebell