**WORKOUT 1**

**CONDITIONING AMRAP & EMOM**  
AMRAP 10 MIN

12 CALORIEEN ASSAULT BIKE

12 CALORIEEN SKIERG

EMOM 2 EXERCISE

8 MINUTES 80 SECONDS

ROPE JUMPS 70

PUSH-UP WALK-OUT 6

**WEIGHTLIFTING**

PVC PROGRAM 1.2

**GYMNASTICS TIMECAP 12 MINUTEN**

12-10-8

PUSH-UP

STRIKT PULL-UPS

DIPPEN

RING LEG RAISES ONE TIME 4×15/45

**WORKOUT 2**

**CONDITIONING AMRAP & EMOM**   
AMRAP 10 MIN

14 CALORIEEN ASSAULT BIKE

14 CALORIEEN SKIERG

EMOM 2 EXERCISE

8 MINUTES 80 SECONDS

DOUBLE UNDER ROPE JUMPS 20x

WALLBALL 10

**WEIGHTLIFTING**

PVC PROGRAM 1.2

**GYMNASTICS TIMECAP 12 MINUTEN**

13-11-9

PUSH-UP

STRIKT PULL-UPS

DIPPEN

RING LEG RAISES ONE TIME 4×17/45

**WORKOUT 3**

**CONDITIONING AMRAP & EMOM   
AMRAP 10 MIN**

16 CALORIEEN ASSAULT BIKE

17 CALORIEEN SKIERG

**EMOM 2 EXERCISE**

8 MINUTES 80 SECONDS

ROPE JUMPS 80

BOX JUMPS 8

**WEIGHTLIFTING**

PVC PROGRAM 1.2

**GYMNASTICS TIMECAP 12 MINUTEN**

14-12-10

PUSH-UP

STRIKT PULL-UPS

DIPPEN

RING LEG RAISES ONE TIME 4×19/45

**WORKOUT 4**

**CONDITIONING AMRAP & EMOM**   
AMRAP 12 MIN

12 CALORIEEN ASSAULT BIKE

12 CALORIEEN SKIERG

EMOM 2 EXERCISE

10 MINUTES 80 SECONDS

ROPE JUMPS DOUBLE UNDERS 30

PUSH-UP WALK-OUT 7

**WEIGHTLIFTING**

PVC PROGRAM 1.2

**GYMNASTICS TIMECAP 12 MINUTEN**

12-10-8-6

PUSH-UP

STRIKT PULL-UPS

DIPPEN

RING LEG RAISES ONE TIME 5×15/40

**WORKOUT 5**

**CONDITIONING AMRAP & EMOM**   
AMRAP 12 MIN

14 CALORIEEN ASSAULT BIKE

14 CALORIEEN SKIERG

EMOM 2 EXERCISE

10 MINUTES 80 SECONDS

ROPE JUMPS 90

BURPEES 6

**WEIGHTLIFTING**

PVC PROGRAM 1.2

**GYMNASTICS TIMECAP 12 MINUTEN**

14-12-10-8

PUSH-UP

STRIKT PULL-UPS

DIPPEN

RING LEG RAISES ONE TIME 5×17/40

**WORKOUT 6**

**CONDITIONING AMRAP & EMOM**   
AMRAP 12 MIN

16 CALORIEEN ASSAULT BIKE

16 CALORIEEN SKIERG

EMOM 2 EXERCISE

10 MINUTES 80 SECONDS

ROPE JUMPS DOUBLE UNDERS 40

WALLBALL 12

**WEIGHTLIFTING**

PVC PROGRAM 1.2

**GYMNASTICS TIMECAP 12 MINUTEN**

16-14-12-10

PUSH-UP

STRIKT PULL-UPS

DIPPEN

RING LEG RAISES ONE TIME 5×21/45