SEYA April 2018 WOD's

Monday - April 2

"Oh My Quad"

10 Sets - 1 Minute AMRAP
12/9 Cal Row
Max Wall Balls in time remaining…Rx+(30/20) Rx(20/14)
***rest 1 minute b/t sets**

Tuesday - April 3

"Sign, Sealed and Delivered"

For Time:
1 Round
30/20 Cal AB
Double Unders Rx+(100) Rx(50)
30 DB Snatches

Rx+(50/35) rx(35/20)

2 Rounds
15/12 Cal AB
Double Unders Rx+(50) Rx(25)
15 DB Snatches

Rx+(50/35) f(35/20)

3 Rounds
12/9 Cal AB
Double Unders Rx+(35) Rx(15)
10 DB Snatches

Rx+(50/35) rx(35/20)

Wednesday - April 4

E2M for 20 Minutes
Front Squat x 2 ***building***

+

"Jackie"

For Time:
1000m Row
50 Empty Bar Thrusters (45/35)
30 Pull-ups

Thursday - April 5

“The Oasis”

20 Minute Ascending Ladder
1 Snatch rx+(135/95) rx(95/65)
2 Rounds of “Artemis”
2 Snatches
2 Rounds of “Artemis”
3 Snatches
etc…

“Artemis”
5 Burpees over the Bar
8 T2B f(knee raises)

Friday - April 6

“NFT Friday”

10 Sets NFT:
15 Abmat Situps
10 Goblet Squat

Rx+(2/1.5pd) Rx(1.5/1pd)
5 HSPU Rx+(Strict)
50ft weighted bear crawl

Rx+(50/35) Rx(35/20)

Saturday - April 7

“Stairway to Heaven”

25 Minute AMRAP - Teams of 2
20 Burpees Over the Bar
40 S2OH Rx+(95/65) Rx(75/55)
60 Pull-ups Rx+(C2B)
80/60 Cal Row

Sunday - April 8

GO ENJOY THE DAY OUTSIDE!

Monday - April 9

“Sum41”

20 Minute AMRAP
3 Hang Squat Cleans

Rx+(135/95) Rx(95/65)
10 Burpees over the Bar
20/15 Cal Row
add 3 squat cleans every round

Tuesday - April 10

“TEST”

30 Minute AMRAP
20/15 Cal AB
20 DB Snatches

Rx+(50/35) f(35/20)
20/15 Cal Row
15 Box Jump Overs

Rx+(30/20) Rx(24/20)

Wednesday - April 11

“Kryponite”

5 Sets - 3 Minute AMRAP
5 HSPU rx+(strict)
7 Pull-ups rx+(C2B)
9 Wall Balls

rx+(30/20) rx(20/14)
rest 3 minutes b/t sets

Thursday - April 12

Deadlift
Work up to a heavy 5 Rep

+

“WestSide”

10 Minute AMRAP
5 KB Swings

rx+(2/1.5pd) rx(1.5/1pd)
15 V-Ups rx(10)
Double Unders rx+(35) rx(15)
add 5 KB Swings every round

Friday - April 13

NFT Friday
10-1
Back Squats

Rx+(155/105) Rx(115/75)
Strict Pullups Rx(Elevated Ring Row)
Pushups x 2

Saturday - April 14

“Sunny and 75”

20 Minute AMRAP

Teams of 2
15 Power Snatches

Rx+(135/95) Rx(95/65)
25 Synchronized Abmat Situps
400m Run Together

Sunday - April 15

GO ENJOY THE DAY OUTSIDE!

Monday - April 16

AMRAP 10
15/12 cal bike
6 TGU

Rx+(2/1.5) Rx(1.5/1)
12 KB swings

Rx+(2/1.5) Rx(1.5/1)

Rest 5 Minutes

AMRAP 10
15/12 cal bike
6 wall runs
12 T2B Rx(abmat situp)

Tuesday - April 17

“Nasty Nate”

20 min AMRAP
3 Muscle Ups Rx(5 Pull-ups)
8 DB Snatches

Rx+(50/35) Rx(35/20)
12 wallballs

Rx+(30/20) Rx(20/14)

Wednesday - April 18

E3M for 18 Minutes
3 Push Presses + 2 Push Jerks + 1 Split Jerk
Building

+

“Swolders”

30-20-10
Push Press

Rx+(95/65) Rx(75/55)
Double Unders

Rx+(x3) Rx(x2

Thursday - April 19

“Thirsty Thursday”

30 Minute AMRAP
5/3 Strict Pullups

Rx(elevated ring rows)
15/12 Cal Row
10 Burpees to 6” Target
15/12 Cal AB

Friday - April 20

“Simple Green”

20 Minute AMRAP
15 Front Squats (bar comes from floor)

Rx+(135/95) Rx(115/75)
20/15 Cal AB

Saturday - April 21

“Partner Cindy”

20 Minute AMRAP
5 Pull-ups

10 Pushups
15 Air Squats

Partner rows for Max Cals. Switch every round of Cindy completed.

2 separate scores, first one for rounds of Cindy, and the other for Cals

Monday - April 23rd

Back Squat
10-10-10; -10%; 20%

+

“Someones having a case of the Mondays”

For Time:
90 Wall Balls (20/14)
60/40 Cal AB
30 Burpee Box Jump Overs (24/20)

Tuesday - April 24th

“Gump”

For Time
10-1
S2OH rx+(135/95) rx(95/65)
Pullups / rx+(C2B)
***12/9 Cal Row after each set, workout ends with a Row**

Wednesday - April 25th

E90S for 12 Sets
Hang Power Clean x 2 + Hang Squat Clean x 2

+

“Out of Left Field”

3 Sets for Reps - 1 Minute Stations
DB Snatches

Rx+(50/35) Rx(35/20)
Abmat Situps
DB Goblet Squats
Rest

Thursday - April 26th

“Groundhog Day”

10 Minute AMRAP
9 Burpee to Plate
12 T2B Rx(Knee Raises)
15/12 Cal AB

Rest 3 Minutes. Repeat.

Rest 3 Minutes. Repeat Again.

Friday - April 27th

“AGOQ Workout 3”

20 Minute AMRAP

50 Wall Balls (20/14)

100 DU

50ft Handstand Walk

100 DU

50 Cal Row

100 DU

50ft Handstand Walk

100 DU

Saturday - April 28th

"Around the World"

For Time:
400m Walking Lunge

At each 100m mark, you will stop and complete the following:
4 Rounds:
5 Burpees
10 Pushups
15 Air Squats
Rx+. Vest.
workout ends with the triplet

Sunday - April 29th

GO ENJOY THE DAY OUTSIDE!

Monday - April 30th

Front Squat
10-10-10; -10%; 20%

“DOMS”

10 Minute AMRAP
12/9 Cal AB
20 Split Squats
15 T2B Rx(20 abmat situps)