

# CROSSGYM

November 2020

## Resistance/Technique:

**Maandag: Kettlebell & Corebag**

**Woensdag: Bodyweight skills**

**Donderdag: Kettlebell & Corebag**

**Vrijdag: Bodyweight skills**

\* Voor vragen omtrent de training graag even een mail sturen naar [Rob@aerofitt.nl](mailto:Rob@aerofitt.nl)

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## **Maandag 02-11-2020**

### **For Time:**

1 to 10 to 1 Reps (Pyramid with Multipliers) of:

1 Burpee

2 Mountain Climbers

3 Sit-Ups

## **Vrijdag 04-11-2020**

### **5 Rounds For Time with corebag:**

31 Back Squats

12 Power Cleans

## **Donderdag 05-11-2020**

### **4 Rounds For Time:**

24 Air Squats

24 Push-Ups

24 Walking Lunges

\*WOD beginnen en eindigen met 400 meter Run

## **Vrijdag 06-11-2020**

### **For Time:**

100 Kettlebell Swings (24/16 kg)

100 Sit-Ups

100 Air Squats

100 Push-Ups

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## **Maandag 09-11-2020**

### **10 Rounds For Time**

30 Tuck jumps Jumps  
20 Kettlebell Swings

## **Woensdag 11-11-2020**

### **4 Rounds For Time:**

40 Air Squats  
30 Sit ups  
20 Burpees  
400 meter Run (1x aan het eind)

## **Donderdag 12-11-2020**

### **AMRAP in 20 minutes:**

5 Burpees  
10 Push-Ups  
15 Air Squats

## **Vrijdag 13-11-2020**

### **5 Rounds for Time:**

15 Kettlebell Swings (75/55 lb)  
15 Lunges CB  
15 Kettlebell American Swings  
15 Push-Ups CB  
15 Sit-Ups CB  
15 Kettlebell Sumo Deadlift High-Pulls

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## **Maandag 16-11-2020**

### **AMRAP in 18 minutes:**

15 Squat Jumps

12 Push-Ups

9 Toe Touches

## **Woensdag 18-11-2020**

### **EMOM 20 min:**

3 Kettlebell Snatches

3 Kettlebell Deadlifts

3 Kettlebell High Pulls

## **Donderdag 19-11-2020**

### **Piramide of 10:**

10→1 Front squats (Corebag)

1→10 box jumps

## **Vrijdag 20-11-2020**

### **AMRAP in 20 minutes:**

15 Lunges CB

10 Push-Ups CB

15 Lunges CB

20 Sit-Ups CB

15 Lunges CB

30 Kettlebell Swings

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### **Maandag 23-11-2020**

#### **AMRAP in 20 minutes:**

- 10 Push Presses (Corebag of Kettlebell)
- 10 Kettlebell Swing
- 40m Overhead Lunges

### **Woensdag 25-11-2020**

#### **For Time 3 rounds:**

- 30 Kettlebell Sumo Deadlift
- 30 Kettlebell Sumo Squat
- 30 Push-Ups

### **Donderdag 26-11-2020**

#### **EMOM For 20 minutes:**

- 5 Box Jumps
- 5 Burpees
- 5 Jumping Squats

### **Vrijdag 27-11-2020**

#### **AMRAP in 20 minutes:**

- 45 Back Squats (Corebag)
- 45 Sit-Ups
- 45 Kettlebell American Swing

### **Maandag 30-11-2020**

#### **For Time:**

- 20 Burpees
- 400 meter Run
- 20 Air Squats
- 400 meter Run
- 20 Push-Ups
- 400 meter Run
- 20 Sit-Ups

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