

## CrossFit Braunschweig Intro-Themenplan 11/2015

Dienstag	Mittwoch	Donnerstag	Samstag
10.11.15	11.11.15	12.11.15	14.11.15
Weightlifting Clean	Weightlifting Snatch	Rower, Pullup	Deadlift & Swing
17.11.15	18.11.15	19.11.15	21.11.15
Press, Push Press, Jerk	Weightlifting Clean	Weightlifting Snatch	Kettlebell Clean & Jerk
24.11.15	25.11.15	26.11.15	28.11.15
Kettlebell Snatch & TGU	Gymnastics	Deadlift & Swing	Press, Push Press, Jerk
1.12.15	2.12.15	3.12.15	5.12.15
Weightlifting Snatch	Weightlifting Clean	Kettlebell Snatch & TGU	Gymnastics