



PROGRAMMING OCT. 25 - OCT. 31, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CROSSFIT</p> <p><u>STRENGTH</u> BENCH PRESS 3@70% 3@80% 3@90% MAX REPS AT 90%+ EVERY 2:00</p> <p><u>METCON</u> AMRAP X 15 5 STRICT PULL-UPS 10 HANG POWER CLEANS 115/75 15/12 CALORIE BIKE (21/15 CAL ROW) RX+: 5 BAR MUSCLE-UPS 135/95</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> EMOM x 8 5 HANG POWER CLEANS START AT 60% OF 1RM AND WORK UP TO A HEAVY SET OVER THE COURSE OF THE EMOM</p>	<p>CROSSFIT</p> <p><u>METCON</u> 5 X 3:00 ROUNDS RUN 200M W/ MEDICINE BALL 20/14 WITH REMAINING TIME: MAX REPS WALLBALLS 20/14 REST 1:00 BETWEEN ROUNDS SCORE TOTAL WALLBALL REPS SUB 250/200M ROW OR 15/12 CAL BIKE RX+: 30/20 WALLBALL</p> <p><u>ACCESSORY</u> 4 SETS: 9 WEIGHTED ABMAT SIT-UPS (HEAVIER DUMBBELL) 15 WEIGHTED ABMAT SIT-UPS (LIGHTER DUMBBELL) 21 ABMAT SIT-UPS (UNWEIGHTED)</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> SUMO DEADLFT 3@70% 3@80% 3@90% MAX REPS AT 90%+ NO TOUCH AND GO EVERY 2:00</p> <p><u>METCON</u> 5 ROUNDS FOR TIME: 21/15 CAL ROW (15/12 CAL BIKE) 15 KETTLEBELL SWINGS 53/35 9 BURPEE BOX JUMPS 24/20" RX+: 70/53 KB 30/24" BOX</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> 6 SETS 1 PAUSE FRONT SQUAT + 2 FRONT SQUATS @ 80% OF 1RM PAUSE AT THE BOTTOM FOR 3S REST 2-3 MIN</p>	<p>CROSSFIT</p> <p><u>METCON</u> 20 MINUTE AMRAP LADDER... * 10 DOUBLE-UNDERS 1 ROUND OF (5 TOE TO BAR, 10 PUSH-UPS, 15 AIR SQUATS) * ADD 10 DOUBLE- UNDERS AFTER EVERY ROUND *(2X SINGLES) SCORING SAMPLE: 90 DOUBLE UNDERS + 5 TOE TO BAR = 8 ROUNDS + 95 REPS RX+: WEIGHT VEST</p> <p><u>ACCESSORY</u> 3 SETS FOR QUALITY: 10 TEMPO DUMBBELL BENCH PRESS (3 SECONDS DOWN, 3 SECONDS UP) 20 BANDED TRICEPS EXTENSIONS 20 BANDED PULL APARTS</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> STRICT PRESS 3@70% 3@80% 3@90% MAX REPS AT 90%+ EVERY 2:00</p> <p><u>METCON</u> 4 ROUNDS FOR REPS :45 BIKE CALS REST :30 :45 DUMBBELL SHOULDER TO OVERHEAD 50/35's REST :30 :45 BOX JUMPS W/ STEP DOWN 24/20" REST :30 :45 BALL SLAMS 30/20 RX+ 70's/50's - DB's 30/24 - BOX 50/30 - SLAM BALL</p>	<p>CROSSFIT</p> <p><u>METCON</u> FOR TIME 21-15-9: PULL-UPS FRONT SQUATS 95/65 REST 1 MINUTE 21-15-9: TOES-TO-BARS OVERHEAD SQUATS REST 1 MINUTE 21-15-9: POWER CLEANS LATERAL BURPEES OVER BAR SCORE TOTAL TIME INCLUDING REST RX+: 115/75</p>	<p>CROSSFIT</p> <p><u>METCON</u> AS MANY CALORIES AS POSSIBLE IN 20 MINUTES: ROW EVERY 3:00 ON THE 0, 3, 6, 9, 12 AND 15: 30 DOUBLE UNDERS + 10 ALTERNATING DUMBBELL SNATCHES (50/35)</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> EMOM X 12 ODD 3 BENCH PRESS @90-95% OF 3-RM EVEN 3 WEIGHTED STRICT PULL UPS @90-95% OF 3-RM</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FIT	FIT	FIT	FIT	FIT	FIT	FIT
<p><u>STRENGTH</u> BENCH PRESS 3@70% 3@80% 3@90% MAX REPS AT 90%+</p> <p>EVERY 2:00</p> <p><u>METCON</u> AMRAP X 15 5 STRICT PULL-UPS</p> <p>10 HANG POWER CLEANS 115/75</p> <p>15/12 CALORIE BIKE</p> <p>Rx+: 5 BAR MUSCLE-UPS 135/95</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> EMOM x 8 5 HANG POWER CLEANS START AT 60% OF 1RM AND WORK UP TO A HEAVY SET OVER THE COURSE OF THE EMOM</p>	<p><u>METCON</u> 5 x 3:00 ROUNDS RUN 200M W/ MEDICINE BALL 20/14</p> <p>WITH REMAINING TIME: MAX REPS WALLBALLS 20/14</p> <p>REST 1:00 BETWEEN ROUNDS</p> <p>SCORE TOTAL WALLBALL REPS</p> <p>SUB 250/200M ROW OR 15/12 CAL BIKE</p> <p>Rx+: 30/20 WALLBALL</p> <p><u>ACCESSORY</u> 4 SETS: 9 WEIGHTED ABMAT SIT-UPS (HEAVIER DUMBBELL)</p> <p>15 WEIGHTED ABMAT SIT-UPS (LIGHTER DUMBBELL)</p> <p>21 ABMAT SIT-UPS (UNWEIGHTED)</p>	<p><u>STRENGTH</u> SUMO DEADLFT 3@70% 3@80% 3@90% MAX REPS AT 90%+</p> <p>NO TOUCH AND GO</p> <p>EVERY 2:00</p> <p><u>METCON</u> 5 ROUNDS FOR TIME: 21/15 CAL ROW</p> <p>15 KETTLEBELL SWINGS 53/35</p> <p>9 BURPEE BOX JUMPS 24/20"</p> <p>Rx+: 70/53 KB 30/24" BOX</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> 6 SETS</p> <p>1 PAUSE FRONT SQUAT +</p> <p>2 FRONT SQUATS</p> <p>@ 80% OF 1RM</p> <p>PAUSE AT THE BOTTOM FOR 3S</p> <p>REST 2-3 MIN</p>	<p><u>METCON</u> 20 MINUTE AMRAP LADDER...</p> <p>* 10 DOUBLE-UNDERS</p> <p>1 ROUND OF (5 TOE TO BAR, 10 PUSH-UPS, 15 AIR SQUATS)</p> <p>* ADD 10 DOUBLE- UNDERS AFTER EVERY ROUND *(2X SINGLES)</p> <p>SCORING SAMPLE: 90 DOUBLE UNDERS + 5 TOE TO BAR = 8 ROUNDS + 95 REPS</p> <p>Rx+: WEIGHT VEST</p> <p><u>ACCESSORY</u> 3 SETS FOR QUALITY: 10 TEMPO DUMBBELL BENCH PRESS (3 SECONDS DOWN, 3 SECONDS UP)</p> <p>20 BANDED TRICEPS EXTENSIONS</p> <p>20 BANDED PULL APARTS</p>	<p><u>STRENGTH</u> STRICT PRESS 3@70% 3@80% 3@90% MAX REPS AT 90%+</p> <p>EVERY 2:00</p> <p><u>METCON</u> 4 ROUNDS FOR REPS :45 BIKE CALS</p> <p>REST :30</p> <p>:45 DB SHOULDER TO OVERHEAD 50/35's</p> <p>REST :30</p> <p>:45 BOX JUMPS W/ STEP DOWN 24/20"</p> <p>REST :30</p> <p>:45 BALL SLAMS 30/20</p> <p>Rx+ 70's/50's - DB's 30/24 - BOX 50/30 - SLAM BALL</p>	<p><u>METCON</u> FOR TIME 21-15-9: PULL-UPS</p> <p>FRONT SQUATS 95/65</p> <p>REST 1 MINUTE</p> <p>21-15-9: TOES-TO-BARS</p> <p>OVERHEAD SQUATS</p> <p>REST 1 MINUTE</p> <p>21-15-9: POWER CLEANS</p> <p>LATERAL BURPEES OVER BAR</p> <p>SCORE TOTAL TIME INCLUDING REST</p> <p>Rx+ 115/75</p>	<p><u>METCON</u> AS MANY CALORIES AS POSSIBLE IN 20 MINUTES: ROW</p> <p>EVERY 3:00 ON THE 0, 3, 6, 9, 12 AND 15: 30 DOUBLE UNDERS + 10 ALTERNATING DUMBBELL SNATCHES (50/35)</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> EMOM x 12 ODD 3 BENCH PRESS @90-95% OF 3-RM</p> <p>EVEN 3 WEIGHTED STRICT PULL UPS @90-95% OF 3-RM</p>