



PROGRAMMING Nov. 1 - Nov. 7, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CROSSFIT</p> <p><u>METCON</u> AMCAP x 5 9 POWER SNATCH 115/75</p> <p>21 BURPEES</p> <p>BIKE CALORIES W/ REMAINDER OF TIME</p> <p>REST 5:00</p> <p>AMCAP x 5 15 POWER SNATCH 95/65</p> <p>15 LATERAL BURPEES OVER BAR</p> <p>BIKE CALORIES W/ REMAINDER OF TIME</p> <p>REST 5:00</p> <p>AMCAP x 5 21 POWER SNATCH 75/55</p> <p>9 BAR FACING BURPEES</p> <p>BIKE CALORIES W/ REMAINDER OF TIME</p> <p>SCORE TOTAL CALORIES BIKED THROUGHOUT ALL THREE AMRAP'S</p> <p>RX+ (95/65), (115/75), 135/95) ON SNATCHES</p> <p><u>ACCESSORY</u> 3 SETS 15 HANGING KNEE RAISES</p> <p>20 BANDED GLUTE BRIDGES</p> <p>25 FLUTTER KICKS</p> <p>30 BANDED GOOD MORNINGS</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> FRONT SQUAT 5@85% 3@90% 1@95% MAX REPS AT 95%+</p> <p>EVERY 2:00</p> <p><u>METCON</u> 10 ROUNDS FOR TIME: 3 THRUSTERS 95/65</p> <p>6 PULL UPS</p> <p>RX+: 3 THRUSTERS 135/95 3 BAR MUSCLE-UPS</p> <p><u>ACCESSORY</u> TABATA 8 ROUNDS :20 ON/ :10 OFF</p> <p>MAX DOUBLE UNDERS</p> <p>FAST</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> 1 COMPLEX EVERY 1:30</p> <p>2 HANG MUSCLE SNATCHES + 2 SNATCH GRIP PUSH PRESS + 2 OH SQUATS</p> <p>PROGRESSIVE BUT KEEP GOOD FORM</p>	<p>CROSSFIT</p> <p><u>METCON</u> 3 ROUNDS FOR TIME: 1000/800M ROW (60/42 CAL BIKE)</p> <p>80 DOUBLE UNDERS (200 SINGLES)</p> <p>40 GOBLET REVERSE LUNGES 50/35</p> <p><u>ACCESSORY</u> 5 ROUNDS :30 ON/ :30 OFF MAX CALORIE BIKE SPRINTS</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> BENCH PRESS 5@85% 3@90% 1@95% MAX REPS AT 95%+</p> <p>EVERY 2:00</p> <p><u>METCON</u> AMRAP x 15 30 AB MAT SIT-UPS</p> <p>3 ROUNDS OF "THE CHIEF"</p> <p>30 BALL SLAMS 30/20</p> <p>1 ROUND OF "THE CHIEF" = 3 POWER CLEANS (135/95) 6 PUSH-UPS 9 AIR SQUATS</p> <p><u>ACCESSORY</u> EMOM x 6</p> <p>ODD: 5 WALL CLIMBS OR 25FT HANDSTAND WALK</p> <p>EVEN: 12 PISTOLS (SUB COSSACK SQUATS)</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> EMOM x 10 1 COMPLEX</p> <p>1 CLEAN GRIP DEADLIFT + 1 POWER CLEAN + 1 PUSH JERK</p> <p>*PROGRESSIVE</p>	<p>CROSSFIT</p> <p><u>METCON</u> AS MANY REPS AS POSSIBLE IN 3:00 24/18 CALORIE BIKE (35/25 CAL ROW)</p> <p>W/ REMAINDER:</p> <p>ROUND 1: WALLBALL 20/14</p> <p>ROUND 2: SA BENT OVER ROW 50/35 (RIGHT SIDE)</p> <p>ROUND 3: PUSH PRESS 95/65</p> <p>ROUND 4: BENT OVER ROW 50/35 (LEFT SIDE)</p> <p>ROUND 5: DUMBBELL BOX STEP- UPS 50's/35's (24/20)</p> <p>REST 1:00 BETWEEN ROUNDS</p> <p>SCORE TOTAL REPS</p> <p><u>ACCESSORY</u> SUPERSET 3 x 8 DOUBLE DUMBBELL HAMMER CURLS</p> <p>3 x 10 SINGLE DUMBBELL FREEDOM EXTENSIONS</p> <p>3 x 12 FOOT ELEVATED RING ROWS</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> SUMO DEADLIFT 5@85% 3@90% 1@95% MAX REPS AT 95%+</p> <p>EVERY 2:00</p> <p>NO TOUCH AND GO</p> <p><u>METCON</u> "ONE BAR THREE GIRLS"</p> <p>21-15-9 THRUSTERS 95/65</p> <p>PULL-UPS</p> <p>SQUAT CLEANS</p> <p>RING DIPS</p> <p>DEADLIFTS</p> <p>HANDSTAND PUSH-UPS</p> <p>RX+: 135/95</p>	<p>CROSSFIT</p> <p><u>METCON</u> 6 ROUNDS ON THE 3:00 20/15 CALORIE ROW (15/12 CAL BIKE)</p> <p>15 BOX JUMPS 24/20</p> <p>5 DOUBLE KETTLEBELL FRONT SQUATS 53/35's</p> <p>SCORE TIME FROM EACH ROUND</p> <p>RX+: 70/53's 30/24 BOX</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> DEFICIT DEADLIFT 5-5-5-5-5</p> <p>PROGRESSIVE</p> <p>EVERY 2:00</p> <p>*STAND ON A 45LB PLATE. THESE ARE TO BE DONE FROM A DEAD STOP EACH TIME. RESET ON EACH PULL OFF THE GROUND. CONTROL THE DESCENT DOWN, NO DROPPING FROM TOP.</p>

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FIT	FIT	FIT	FIT	FIT	FIT	FIT
<u>METCON</u> AMCAP x 5 9 POWER SNATCH 115/75 21 BURPEES BIKE CALORIES W/ REMAINDER OF TIME REST 5:00 AMCAP x 5 15 POWER SNATCH 95/65 15 LATERAL BURPEES OVER BAR BIKE CALORIES W/ REMAINDER OF TIME REST 5:00 AMCAP x 5 21 POWER SNATCH 75/55 9 BAR FACING BURPEES BIKE CALORIES W/ REMAINDER OF TIME SCORE TOTAL CALORIES BIKED THROUGHOUT ALL THREE AMRAP'S RX+ (95/65), (115/75), 135/95) ON SNATCHES <u>ACCESSORY</u> 3 SETS 15 HANGING KNEE RAISES 20 BANDED GLUTE BRIDGES 25 FLUTTER KICKS 30 BANDED GOOD MORNINGS	<u>STRENGTH</u> FRONT SQUAT 5@85% 3@90% 1@95% MAX REPS AT 95%+ EVERY 2:00 <u>METCON</u> 10 ROUNDS FOR TIME: 3 THRUSTERS 95/65 6 PULL UPS RX+: 3 THRUSTERS 135/95 3 BAR MUSCLE-UPS <u>ACCESSORY</u> TABATA 8 ROUNDS :20 ON/ :10 OFF MAX DOUBLE UNDERS FAST	<u>METCON</u> 3 ROUNDS FOR TIME: 1000/800M ROW (60/42 CAL BIKE) 80 DOUBLE UNDERS (200 SINGLES) 40 GOBLET REVERSE LUNGES 50/35 <u>ACCESSORY</u> 5 ROUNDS :30 ON/ :30 OFF MAX CALORIE BIKE SPRINTS	<u>STRENGTH</u> BENCH PRESS 5@85% 3@90% 1@95% MAX REPS AT 95%+ EVERY 2:00 <u>METCON</u> AMRAP x 15 30 AB MAT SIT-UPS 3 ROUNDS OF "THE CHIEF" 30 BALL SLAMS 30/20 1 ROUND OF "THE CHIEF" = 3 POWER CLEANS (135/95) 6 PUSH-UPS 9 AIR SQUATS <u>ACCESSORY</u> EMOM x 6 ODD: 5 WALL CLIMBS OR 25FT HANDSTAND WALK EVEN: 12 PISTOLS (SUB COSSACK SQUATS)	<u>METCON</u> AS MANY REPS AS POSSIBLE IN 3:00 24/18 CALORIE BIKE (35/25 CAL ROW) W/ REMAINDER: ROUND 1: WALLBALL 20/14 ROUND 2: SA BENT OVER ROW 50/35 (RIGHT SIDE) ROUND 3: PUSH PRESS 95/65 ROUND 4: BENT OVER ROW 50/35 (LEFT SIDE) ROUND 5: DUMBBELL BOX STEP- UPS 50's/35's (24/20) REST 1:00 BETWEEN ROUNDS SCORE TOTAL REPS <u>ACCESSORY</u> SUPERSET 3 x 8 DOUBLE DUMBBELL HAMMER CURLS 3 x 10 SINGLE DUMBBELL FREEDOM EXTENSIONS 3 x 12 FOOT ELEVATED RING ROWS	<u>STRENGTH</u> SUMO DEADLIFT 5@85% 3@90% 1@95% MAX REPS AT 95%+ EVERY 2:00 NO TOUCH AND GO "ONE BAR THREE GIRLS" 21-15-9 DB THRUSTERS 50/35 PULL-UPS DB SQUAT CLEANS RING DIPS DEADLIFTS 95/65 HANDSTAND PUSH- UPS RX+ 135/95	<u>METCON</u> 6 ROUNDS ON THE 3:00: 20/14 CALORIE ROW 15 BOX JUMPS 24/20 5 DOUBLE KETTLEBELL FRONT SQUATS 53/35's SCORE TIME FROM EACH ROUND RX+ 70/44's 30/24 BOX <u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> DEFICIT DEADLIFT 5-5-5-5-5 PROGRESSIVE EVERY 2:00 *STAND ON A 45LN PLATE. THESE ARE TO BE DONE FROM A DEAD STOP EACH TIME. RESET ON EACH PULL OFF THE GROUND. CONTROL THE DESCENT DOWN, NO DROPPING FROM TOP.