



PROGRAMMING NOV. 29 - DEC. 5, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>CROSSFIT</b></p> <p><u>STRENGTH</u> BACK SQUAT 10 X 2</p> <p>NEW SET EVERY 1:00</p> <p>ALL SETS 60-70% OF 1RM</p> <p>(KEEP MOVEMENT CRISP AND MOVE THE BAR FAST)</p> <p><u>METCON</u> 5 ROUNDS EVERY 3:00 ROW 300/250M (18/15 CAL. BIKE)</p> <p>9 THRUSTERS 95/65</p> <p>SCORE EACH INTERVAL SEPARATELY</p>	<p><b>CROSSFIT</b></p> <p><u>METCON</u> AMRAP X 5 5 PULL-UPS 10 PUSH-UPS 15/12 CAL BIKE (20/15 CAL. ROW) 20 AB MAT SIT-UPS</p> <p>REST 5:00</p> <p>AMRAP X 5 5 CHEST TO BAR PULL-UPS 10 PUSH-UPS 15/12 CALORIE BIKE 20 AB MAT SIT-UPS</p> <p>REST 5:00</p> <p>AMRAP X 5 5 STRICT PULL-UPS 10 PUSH-UPS 15/12 CALORIE BIKE 20 AB MAT SIT-UPS</p> <p>SCORE EACH AMRAP ON ITS OWN</p> <p>Rx+: RND 1: C2B RND 2: 5/3 BAR MU RND 3: 5/3 RING MU</p> <p><u>ACCESSORY</u> SEATED BAND ROWS 3 ROUNDS 30 REPS</p> <p>INTO</p> <p>1 ROUND 30 REPS :30 SECOND HOLD WITH BANDS PULLED TOWARDS YOU IN "PULL" POSITION</p>	<p><b>CROSSFIT</b></p> <p><u>STRENGTH</u> 3 POSITION POWER SNATCH</p> <p>HIGH HANG + HANG + POWER SNATCH</p> <p>5 X COMPLEX</p> <p>NEW COMPLEX EVERY 1:30</p> <p>PROGRESSIVE</p> <p><u>METCON</u> 15-12-9 POWER SNATCH 75/55</p> <p>LATERAL BURPEES OVER BAR</p> <p>REST 3:00</p> <p>12-9-6 POWER SNATCH 95/65</p> <p>BOX JUMP OVERS 24/20"</p> <p>REST 3:00</p> <p>9-6-3 POWER SNATCH 115/75</p> <p>BURPEE BOX JUMP OVERS 30/24"</p> <p>Rx+: (95/65) (115/80) (135/95)</p>	<p><b>CROSSFIT</b></p> <p><u>METCON</u> AMRAP X 30 30 CALORIE ROW (21 CAL. BIKE)</p> <p>70 DOUBLE UNDERS</p> <p>25 CALORIE ROW (18 CAL. BIKE)</p> <p>60 AIR SQUATS</p> <p>20 CALORIE ROW (14 CAL. BIKE)</p> <p>50 AB MAT SIT-UPS</p> <p>15 CALORIE ROW (12 CAL. BIKE)</p> <p>40 RUSSIAN SWINGS</p> <p>10 CALORIE ROW (8 CAL. ROW)</p> <p>30 GOBLET SQUATS</p> <p>5 CALORIE ROW (5 CAL. BIKE)</p> <p>20 TOE TO BAR</p>	<p><b>CROSSFIT</b></p> <p><u>STRENGTH</u> BENCH PRESS 5 X 5</p> <p>NEW SET EVERY 2:00</p> <p>ALL SETS APPROX 75-80% OF 1RM</p> <p><u>METCON</u> TABATA MASH-UP 8 ROUNDS :20 WORK :10 REST FOR REPS:</p> <p>TABATA 1 BIKE CALORIES</p> <p>TABATA 2 HAND RELEASE PUSH-UPS</p> <p>TABATA 3 BIKE CALORIES</p> <p>TABATA 4 STRICT CHIN-UPS</p> <p>Rx+: WEIGHT VEST</p> <p>SCORE TOTAL REPS + CALORIES</p>	<p><b>CROSSFIT</b></p> <p><u>METCON</u> MID-ATLANTIC CROSSFIT CHALLENGE, INDIVIDUAL WOD #1</p> <p>FOR TIME: 75 WALLBALL 20/14</p> <p>100 CALORIE ROW (75 CAL. BIKE)</p> <p>75 WALLBALL</p>	<p><b>CROSSFIT</b></p> <p><u>SKILL</u> ROPE CLIMBS</p> <p><u>METCON</u> AMRAP X 15 15/12 CAL. BIKE (20/15 CAL. ROW)</p> <p>50 DOUBLE-UNDERS (100 SINGLES)</p> <p>3 ROPE CLIMBS</p> <p><u>ACCESSORY</u> 3 ROUNDS 25 WEIGHTED AB-MAT SIT-UPS</p> <p>25 UNWEIGHTED AB- MAT SIT-UPS</p>