



PROGRAMMING DEC. 6 - DEC. 12, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
<p><u>METCON</u> 4 ROUNDS FOR TIME: 10 PUSH PRESS 75/55</p> <p>10 BURPEES</p> <p>REST 2:00</p> <p>3 ROUNDS FOR TIME: 10 PUSH PRESS 95/65</p> <p>10 LATERAL BURPEES OVER BAR</p> <p>REST 2:00</p> <p>2 ROUNDS 10 PUSH PRESS 115/75</p> <p>10 BAR FACING BURPEES</p> <p>SCORE TOTAL TIME (INCLUDING REST)</p> <p>Rx+: 95/65 115/75 135/95</p> <p><u>ACCESSORY</u> ODD 20 AB MAT SIT UPS</p> <p>EVEN 10 SINGLE DB OH TRICEP EXT. 10 CLOSE GRIP PUSH-UPS</p>	<p><u>STRENGTH</u> 3 POSITION HANG SQUAT CLEAN</p> <p>BELOW KNEE + ABOVE KNEE + HIGH HANG</p> <p>5 x COMPLEX</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p> <p><u>METCON</u> AMRAP x 10 15/12 CALORIE ROW (BIKE 12/8) 3 POWER CLEANS 135/95</p> <p>15/12 CALORIE ROW 6 POWER CLEANS</p> <p>15/12 CALORIE ROW 9 POWER CLEANS</p> <p>15/12 CALORIE ROW 12 POWER CLEANS</p> <p>15/12 CALORIE ROW 15 POWER CLEANS</p> <p>ADD 3 CLEANS PER ROUND</p> <p>RESET ROWER EACH ROUND</p> <p>RX+ 165/125</p> <p><u>ACCESSORY</u> 3 ROUNDS: 5 WALL-WALKS (RX+: 50FT HANDSTAND WALK)</p> <p>UNBROKEN SET OF DU'S</p>	<p><u>METCON</u> FOR TIME: 50/40 CAL. BIKE (ROW 70/60)</p> <p>INTO</p> <p>6 ROUNDS 5 PULL-UPS + 10 PUSH-UPS</p> <p>INTO</p> <p>35/25 CAL. BIKE (ROW 50/35)</p> <p>INTO</p> <p>5 ROUNDS 5 PULL-UPS + 10 PUSH-UPS</p> <p>INTO</p> <p>20/15 CAL. BIKE (ROW 30/21)</p> <p>INTO</p> <p>4 ROUNDS 5 PULL-UPS + 10 PUSH-UPS</p> <p>RX+: BAR MUSCLE-UPS OR RING MUSCLE-UPS YOUR CHOICE TODAY</p> <p><u>ACCESSORY</u> 3 ROUNDS: 10 EMPTY BB BENT OVER ROWS LAST REP - :30S HOLD</p> <p>10 EMPTY BB STRICT PRESS LAST REP - :30S OH HOLD</p>	<p><u>METCON</u> 5 ROUNDS EVERY 3:00 15 ABMAT SIT-UPS</p> <p>30 DOUBLE UNDERS</p> <p>15 ABMAT SIT-UPS</p> <p>5 DEADLIFTS</p> <p>BUILD IN LOADING ON THE DEADLIFT. SCORE IS THE WEIGHTS USED EACH ROUND. TOUGH AND GO DEADLIFTS ALL DONE IN ONE SET UNBROKEN!!</p> <p><u>ACCESSORY</u> 3 ROUNDS: 8/8 DOUBLE DB BULGARIAN SPLIT SQUATS</p> <p>15 EMPTY BB GOOD MORNINGS</p>	<p><u>METCON</u> FOR TIME: 45 DOUBLE-UNDERS</p> <p>21 CAL ROW (BIKE CAL 15)</p> <p>21 HANDSTAND PUSH-UPS</p> <p>REST 1:00</p> <p>THEN: 45 DOUBLE-UNDERS</p> <p>15 CAL ROW (BIKE CAL 11)</p> <p>15 HANDSTAND PUSH-UPS</p> <p>REST 1:00</p> <p>THEN: 45 DOUBLE-UNDERS</p> <p>9 CALORIE ROW (BIKE CAL 6)</p> <p>9 HANDSTAND PUSH- UPS</p> <p>SCORE TOTAL TIME</p> <p>Rx+: STRICT HSPU</p>	<p><u>METCON</u> RX+ FOR TIME: BUY-IN 50/40 CALORIE BIKE (ROW 70/60)</p> <p>THEN.... 10 ROUNDS OF: FRONT SQUAT 95/65</p> <p>7 TOES-TO-BARS</p> <p>8 BAR FACING BURPEES</p> <p>Rx+: OVERHEAD SQUAT</p>	<p><u>METCON</u> AMRAP x 10 2000/1600M ROW (CAL BIKE 120/84)</p> <p>MAX AB MAT SIT-UPS</p> <p>REST 4 MIN</p> <p>AMRAP x 8 1600/1200M ROW (CAL BIKE 84/72)</p> <p>MAX BALL SLAMS 30/20 Rx+:50/30</p> <p>REST 3 MIN</p> <p>AMRAP x 6 1000/800M ROW (CAL BIKE 60/42)</p> <p>MAX BOX JUMPS 24/20 Rx+:30/24</p> <p>REST 2 MIN</p> <p>AMRAP x 4 500/400M ROW (CAL BIKE 30/21)</p> <p>MAX DB SNATCH 50/35 Rx+:70/50</p> <p>REST 1 MIN</p> <p>AMRAP x 2 250/200M ROW (CAL BIKE 15/10)</p> <p>MAX WALLBALL 20/14 Rx+:30/20</p>