



PROGRAMMING JAN 17 - JAN 23, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CROSSFIT</b>	<b>CROSSFIT</b>	<b>CROSSFIT</b>	<b>CROSSFIT</b>	<b>CROSSFIT</b>	<b>CROSSFIT</b>	<b>CROSSFIT</b>
<p><u>MLK WOD</u> PARTNER WOD AMRAP x 34</p> <p>19 PULL-UPS</p> <p>29 WALL BALLS 20/14</p> <p>19 POWER CLEANS 115/85</p> <p>63 RKBS 53/35</p> <p>19 TTB</p> <p>65 BOX JUMPS</p> <p>19 S20H</p> <p>68 DU</p> <p>1929 MLK WAS BORN</p> <p>1963 "I HAVE A DREAM"</p> <p>1965 SELMA MARCH</p> <p>1968 MLK ASSASSINATED</p> <p>34 AGE MLK DELIVERED "I HAVE A DREAM"</p> <p>SPLIT UP REPS HOWEVER YOU DESIRE</p>	<p><u>METCON</u> FOR TIME 20-18-16-12-8 CALORIE ROW</p> <p>10-8-6-4-2 BODYWEIGHT BENCH PRESS</p> <p>5-4-3-2-1 ROPE CLIMBS</p> <p>*FEMALES WILL GO .75 BENCH PRESS ON THE BENCH PRESS</p> <p><u>ACCESSORY</u> TABATA 8 ROUNDS :20 ON :10 OFF DUMBBELL FLOOR PRESS 35/20'S</p> <p>REST :10 IN LOCKED OUT POSITION AT TOP</p>	<p><u>METCON</u> ON THE MINUTE X 8: 2 SQUAT SNATCHES (75%)</p> <p>REST 4:00</p> <p>ON THE MINUTE X 8: 2 SQUAT CLEAN AND JERKS (75%)</p> <p>REST 4:00</p> <p>AMRAP X 8 10 ALTERNATING DUMBBELL SNATCH 50/35</p> <p>5 STRICT HSPU</p> <p>RX+ 70/50 DB DEFICIT HSPU</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> EMOM x 10 2 BACK SQUATS</p> <p>PROGRESSIVE START AT 65%</p>	<p><u>METCON</u> AMRAP x 4 SINGLE DB ALT. BOX STEP-UPS 50/35</p> <p>AMRAP x 4 CALORIE ROW</p> <p>AMRAP x 3 SINGLE DB ALT. DEVIL'S PRESS 50/35</p> <p>AMRAP x 3 CALORIE ROW</p> <p>AMRAP x 2 DB THRUSTERS 50/35'S</p> <p>AMRAP x 2 CALORIE ROW</p> <p>AMRAP x 1 LATERAL BURPEES OVER DUMBBELL</p> <p>AMRAP x 1 CALORIE ROW</p> <p>SCORE TOTAL REPS + CALORIES</p> <p><u>ACCESSORY</u> 3 ROUNDS 50 DOUBLE UNDERS</p> <p>100FT DOUBLE KETTLEBELL FRONT RACK CARRY</p> <p>50FT HANDSTAND WALK OR 5 WALL CLIMBS</p>	<p><u>STRENGTH</u> EMOM x 9 SPEED DEADLIFT W/ BANDS 9 x 2</p> <p>MALE (BLUE BANDS)/ FEMALE (RED BANDS)</p> <p>MOVE EACH REP WITH SPEED</p> <p>NO TOUCH AND GO</p> <p><u>METCON</u> AMRAP x 15 21/15 CALORIE BIKE (30/21 CAL ROW)</p> <p>15 RUSSIAN KETTLEBELL SWINGS 53/35</p> <p>30 AB MAT SIT-UPS</p> <p>15 HAND RELEASE PUSH-UPS</p> <p>RX+ 70/53 RING PUSH-UPS</p>	<p><u>METCON</u> FOR TIME: 15-12-9 THRUSTER (95/65) PULL-UPS</p> <p>REST 3:00</p> <p>12-9-6 THRUSTER TOE TO BAR</p> <p>REST 3:00</p> <p>9-6-3 THRUSTER CHEST TO BAR PULL- UPS</p> <p>RX+ FOR TIME: 15-12-9 THRUSTER (95/65) PULL-UPS</p> <p>REST 3:00</p> <p>12-9-6 THRUSTER (115/80) CHEST TO BAR PULL- UPS</p> <p>REST 3:00</p> <p>9-6-3 THRUSTER (135/95) BAR MUSCLE-UPS</p>	<p><u>METCON</u> 5 ROUNDS FOR REPS: 0:00-1:00 MAX CALORIE MACHINE OF CHOICE</p> <p>1:00-2:00 MAX BALL SLAMS 30/20</p> <p>2:00-3:00 PLANK + HOLDS #1 FOREARM PLANK, #2 SIDE PLANK RIGHT #3 SIDE PLANK LEFT #4 PUSH-UP PLANK #5 FLUTTER KICKS</p> <p>3:00-4:00 REST</p> <p>*SCORE = TOTAL REPS OF CALORIES AND SLAM BALLS</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> 3X2 STRICT PRESS PROGRESSIVE NEW SET EVERY 2:00</p> <p>3X2 PUSH PRESS PROGRESSIVE NEW SET EVERY 2:00</p> <p>3X2 SPLIT JERK PROGRESSIVE NEW SET EVERY 2:00</p>