



PROGRAMMING JAN 3 - JAN 9, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>CROSSFIT</b></p> <p><u>METCON</u> STARTING ON THE 0:00... EMOM x 9</p> <p>1 POWER CLEAN (70%)</p> <p>STARTING ON THE 12:00...</p> <p>EMOM x 9 1 POWER SNATCH (70%)</p> <p>STARTING ON THE 25:00...</p> <p>FOR TIME: 30 POWER CLEANS 95/65</p> <p>30/21 CALORIE ROW (BIKE 24/18)</p> <p>REST 3:00</p> <p>25 POWER SNATCH 95/65</p> <p>25/18 CALORIE ROW (BIKE 21/15)</p> <p>Rx+: 115/75</p>	<p><b>CROSSFIT</b></p> <p><u>METCON</u> AMRAP x 15 15/15 SINGLE ARM DUMBBELL PUSH PRESS 50/35</p> <p>50FT DOUBLE DUMBBELL FRONT RACK WALKING LUNGE 50/35's</p> <p>20 PULLUPS</p> <p><u>ACCESSORY</u> EMOM x 10</p> <p>12/9 BIKE CALS (15/12 CAL ROW)</p> <p>MAX EFFORT</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> 5-4-3-2-1-1 BENCH PRESS @ 80% 1RM</p>	<p><b>CROSSFIT</b></p> <p><u>METCON</u> 5 ROUNDS EVERY 5:00 40 DOUBLE UNDERS (80 SINGLES)</p> <p>20/15 CAL ROW (15/10 CAL ROW)</p> <p>10 - 8 - 6 - 4 - 2 DEADLIFTS</p> <p>*BUILD IN WEIGHT EACH ROUND</p> <p><u>ACCESSORY</u> TABATA 8 ROUNDS :20s ON/:10s OFF</p> <p>ALT. BETWEEN:</p> <p>HOLLOW HOLDS</p> <p>SUPERMAND HOLDS</p>	<p><b>CROSSFIT</b></p> <p><u>STRENGTH</u> EMOM x 12 ODD</p> <p>3 FRONT SQUATS</p> <p>EVEN 6 BACK SQUATS</p> <p>LOAD 60-75% OF 1 RM FRONT SQUAT FOR BOTH MOVEMENTS</p> <p><u>METCON</u> 10 ROUNDS FOR TIME: 5 FRONT SQUATS 155/105</p> <p>10/7 CALORIE BIKE (12/9 ROW)</p> <p>RESET BIKE/ ROWER EACH INTERVAL</p> <p>SCORE EACH INTERVAL SEPARATELY</p> <p>SCORE IS SLOWEST INTERVAL</p>	<p><b>CROSSFIT</b></p> <p><u>METCON</u> AMRAP x 20</p> <p>1-2-3-4-5-6-7-8-9-10 ..... PULL-UPS BURPEES</p> <p>AFTER EACH SET: CAL ROW 20/15 (15/12 CAL BIKE)</p> <p>Rx+: CHEST TO BAR</p> <p><u>ACCESSORY</u> 3 ROUNDS 15 BANDED TRICEP PUSH DOWNS</p> <p>10 EMPTY BB SKULL CRUSHERS</p> <p>MAX EFFORT WALL HANDSTAND HOLD</p> <p>REST 2 MIN</p>	<p><b>CROSSFIT</b></p> <p><u>STRENGTH</u> PUSH JERK 3-3-3-3-3</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p> <p><u>METCON</u> OPEN WORKOUT 12.3</p> <p>AMRAP x 18 15 BOX JUMPS 24/20IN</p> <p>12 SHOULDER TO OVERHEAD 115/75</p> <p>9 TOES-TO-BARS</p>	<p><b>CROSSFIT</b></p> <p><u>METCON</u> FOR TIME 5000/4000M ROW (300/200 CAL BIKE)</p> <p>EVERY 3 MINUTES PERFORM: 21 BALL SLAMS (30/20)</p> <p>15/12 PUSH-UPS</p> <p>STARTING AT THE TOP 0:00</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> SUMO DEADLIFT 4 @ 75% 4 @ 75% 3 @ 80% 3 @ 80% 2 @ 85%</p>