



PROGRAMMING JAN 31- FEB 6, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>CROSSFIT</b></p> <p><u>METCON</u> FOR TIME: 5 ROUNDS 9 TOE TO BAR 15 WALLBALL 20/14</p> <p>DIRECTLY INTO....</p> <p>5 ROUNDS 9 PULL-UPS 15 KETTLEBELL SWINGS 53/35</p> <p>Rx+ WALLBALL 30/20 CHEST TO BAR</p> <p><u>ACCESSORY</u> OPEN EXTRA CREDIT: CHOOSE ONE OF THE FOLLOWING REP SCHEMES A. 3 SETS OF 9 UNBROKEN BAR MUSCLE- UPS B. 4 SETS OF 7 UNBROKEN BAR MUSCLE- UPS C. 5 SETS OF 5 UNBROKEN BAR MUSCLE- UPS D. 6 SETS OF 3 UNBROKEN BAR MUSCLE- UPS REST 1 MINUTE BETWEEN SETS</p>	<p><b>CROSSFIT</b></p> <p><u>METCON</u> EVERY MINUTE ON THE MINUTE X 8 1 SQUAT CLEAN (80%)</p> <p>REST 4:00</p> <p>EVERY MINUTE ON THE MINUTE X 8 1 SQUAT SNATCH (80%)</p> <p>REST 4:00</p> <p>FOR TIME: 21-18-15-12-9-6-3 UNBROKEN OVERHEAD SQUATS 95/65</p> <p>FRONT SQUAT IF OVERHEAD POSITION ISN'T OPTIMAL</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> FRONT RACK REVERSE LUNGES 3 X 10</p> <p>HEAVY WEIGHT ACROSS ALL SETS</p>	<p><b>CROSSFIT</b></p> <p><u>METCON</u> 5 ROUNDS FOR REPS :45 BIKE CALORIES</p> <p>REST :30</p> <p>:45 RUSSIAN SWINGS 53/35</p> <p>REST :30</p> <p>:45 BOX JUMP W/ STEP DOWN 24/20"</p> <p>REST :30</p> <p>:45 BALL SLAMS 30/20</p> <p>REST :30</p> <p>RX+ SWING 70/44 BALL SLAM 40/30 BOX JUMP 30/24"</p> <p><u>ACCESSORY</u> OPEN EXTRA CREDIT: 1:30 OF AMRAP OF BAR FACING BURPEES</p> <p>REST 1:00</p> <p>1:00 OF AMRAP OF BAR FACING BURPEES</p> <p>REST :30</p> <p>:30 OF AMRAP OF BAR FACING BURPEES</p>	<p><b>CROSSFIT</b></p> <p><u>STRENGTH</u> DEADLIFT 5-5-5-5-5</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p>NO TOUCH AND GO</p> <p><u>METCON</u> AMRAP x 13 BUY-IN: 50/35 CALORIE BIKE (70/50 CAL ROW)</p> <p>DIRECTLY INTO...</p> <p>5 DEADLIFTS 245/175</p> <p>15 TTB</p> <p>25 DOUBLE UNDERS</p> <p><u>ACCESSORY</u> TABATA :20s ON/:10s OFF HOLLOW ROCKS (HOLLOW HOLD FOR THE REST)</p>	<p><b>CROSSFIT</b></p> <p><u>STRENGTH</u> PUSH PRESS 3-2-2-1-1</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p><u>METCON</u> 2 ROUNDS FOR TIME: 20 SHOULDER TO OVERHEAD 115/75</p> <p>30 SINGLE DUMBBELL ALTERNATING BOX STEP UPS (50/35) (24/20")</p> <p>40 BURPEES</p> <p>50/35 CALORIE ROW (50/35 CAL BIKE)</p>	<p><b>CROSSFIT</b></p> <p><u>METCON</u> PARTNER WOD FOR TIME: 25 ROPE CLIMBS</p> <p>50 SQUAT CLEANS 135/95</p> <p>100 CAL BIKE</p> <p>SPLIT WORK UP AS NEEDED</p> <p><u>ACCESSORY</u> 500M TIME TRIAL</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> BACK SQUAT 3 @ 65% 3 @ 70% 2 @ 75% 2 @ 75% 1 @ 80%</p> <p>NEW SET EVERY 2:00</p>	<p><b>CROSSFIT</b></p> <p><u>METCON</u> AMRAP x 18 4-8-12-16-20.....</p> <p>ALT. DB POWER SNATCHES 50/35</p> <p>AB MAT SIT-UPS</p> <p>BIKE CALORIES</p> <p>Rx+ 70/50</p> <p><u>ACCESSORY</u> 3 ROUNDS 10R/10L DB ROW</p> <p>20 BANDED TRICEP EXTENSIONS</p> <p>:20 L-HANG</p>