



PROGRAMMING FEB 7 - FEB 13, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CROSSFIT</p> <p><u>STRENGTH</u> BACK SQUAT 5 X COMPLEX (1 PAUSING BACK SQUAT (3 SECONDS IN BOTTOM) + 1 BACK SQUAT) NEW SET EVERY 1:30 PROGRESSIVE</p> <p><u>METCON</u> EMOM x 8 12/9 CALORIE ROW OR BIKE REST 2:00 EMOM x 8 15 WALLBALLS 20/14 REST 2:00 EMOM x 8 12/9 CALORIE ROW OR BIKE</p>	<p>CROSSFIT</p> <p><u>METCON</u> "NATE" AMRAP x 20 2 MUSCLE-UPS 4 HANDSTAND PUSH- UPS 8 KETTLEBELL SWINGS 70/53 <u>ACCESSORY</u> 8 ROUNDS :20 ON :10 OFF DOUBLE UNDERS</p>	<p>CROSSFIT</p> <p><u>METCON</u> EMOM x 8 1 SQUAT SNATCH (85%) REST 4:00 EMOM x 8 1 SQUAT CLEAN AND JERK (85%) REST 4:00 1 MINUTE BIKE TEST FOR CALORIES <u>ACCESSORY</u> 2 ROUNDS: FOR QUALITY: :30 SINGLE ARM KETTLEBELL OVERHEAD HOLD (LEFT) + 15 ABMAT SIT-UPS :30 SINGLE ARM KETTLEBELL OVERHEAD HOLD (RIGHT) + 15 ABMAT SIT-UPS :30 SECONDS DOUBLE KETTLEBELL FRONT RACK HOLD + 15 ABMAT SIT-UPS (53/35'S) <u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> FRONT SQUAT 6 ROUNDS EVERY 2:00 SET 1: 3 REPS @ APPROX 75% SET 2: 2 REPS @ APPROX 80% SET 3: 1 REP @ APPROX 85% SETS 4-5-6: 1 REP @ APPROX 90%</p>	<p>CROSSFIT</p> <p><u>METCON</u> 5 ROUNDS FOR TIME: 500/400M ROW (24/18 CALORIE BIKE) 50 DOUBLE UNDERS (100 SINGLES) ROUND 1 15 DUAL DUMBBELL DEADLIFTS ROUND 2 12 DUAL DUMBBELL FRONT SQUATS ROUND 9 SINGLE DUMBBELL HANG CLEAN AND JERKS (PER SIDE) ROUND 4 6 SINGLE DUMBBELL SNATCH (PER SIDE) ROUND 5 3 DUAL DUMBBELL DEVILS PRESS 50'S/35'S <u>ACCESSORY</u> CHOOSE ONE OF THE FOLLOWING REP SCHEMES: A. 3 SETS OF 15 UNBROKEN CHEST TO BAR PULL-UPS B. 4 SETS OF 12 UNBROKEN CHEST TO BAR PULL-UPS C. 5 SETS OF 9 UNBROKEN CHEST TO BAR PULL-UPS D. 6 SETS OF 6 UNBROKEN CHEST TO BAR PULL-UPS REST 1 MINUTE BETWEEN SETS</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> BENCH PRESS 5-5-5-5-5 NEW SET EVERY 2:00 PROGRESSIVE <u>METCON</u> EMOM x 15 MIN 1 10 DUMBBELL BENCH PRESS (AS HEAVY AS POSSIBLE) MIN 2 15/12 CALORIE BIKE MIN 3 20 AB MAT SIT-UPS ACCESSORY 3 ROUNDS :30 SECONDS ABMAT SITUPS :30S REST RX+ GHD</p>	<p>CROSSFIT</p> <p><u>METCON</u> "OPEN TEST" AMRAP 20: 50 WALLBALL 20/14 50 DOUBLE UNDERS 40 BOX JUMPS 24/20 40 TOES TO BAR 30 PULL-UPS 30 BURPEES 20 CLEANS 115/85 20 JERKS 10 SNATCHES 10 BURPEE CHEST TO BAR PULL-UPS RX + 50 WALLBALL 30/20 50 DOUBLE UNDERS 40 BOX JUMPS 30/24 40 TOES TO BAR 30 CHEST TO BAR PULL-UPS 30 BURPEES 20 POWER CLEANS 145/115 20 PUSH JERKS 10 POWER SNATCHES 10 RING MUSCLE- UPS</p>	<p>CROSSFIT</p> <p><u>METCON</u> 8 INTERVALS EACH FOR TIME: 15 BALL SLAMS 30/20 12 GOBLET STEP BACK LUNGES 50/35 9/6 CAL BIKE REST 1:30 AFTER EACH INTERVAL SCORE TOTAL TIME INCLUDING REST RX+ (50/30) BALL (70/50) DUMBBELL <u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> OVERHEAD SQUAT 3-3-3-3 NEW SET EVERY 2:00 PROGRESSIVE</p>

