



PROGRAMMING MAR 21 - MAR 27, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CROSSFIT</p> <p><u>METCON</u> FOR TIME: 5 ROUNDS: 12 DEADLIFTS 95/65</p> <p>12 LATERAL BURPEES OVER BAR</p> <p>REST 1:30</p> <p>5 ROUNDS: 9 HANG POWER CLEANS 95/65</p> <p>9 BOX JUMPS 24"/20"</p> <p>REST 1:30</p> <p>5 ROUNDS: 6 SHOULDER TO OVERHEAD 95/65</p> <p>6 BURPEE BOX JUMPS 24"/20"</p> <p>SCORE: TOTAL TIME</p> <p>Rx+: 135/95 30/24"</p> <p><u>ACCESSORY</u> :30 V-UPS</p> <p>1:00 FOREARM PLANK :30 V-UPS</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> SUPERSET FRONT SQUAT 3 x 5 75% ACROSS W/ STRICT CHIN-UP 3 x 5</p> <p><u>METCON</u> 4 BARBELL TABATA 8 ROUNDS EACH 20 ON/10 OFF</p> <p>TABATA 1 BARBELL BACK SQUATS 45/35</p> <p>TABATA 2 BARBELL BACK RACK REVERSE LUNGES 45/35</p> <p>TABATA 3 BARBELL BENT OVER ROWS 45/35</p> <p>TABATA 4 FLOOR PRESS 45/35</p> <p>REST 1 MINUTE BETWEEN TABATAS</p> <p>SCORE: TOTAL REPS</p>	<p>CROSSFIT</p> <p><u>METCON</u> PARTNER WOD 5 ROUNDS: AS MANY CALORIES AS POSSIBLE</p> <p>PARTNER 1 100FT SLED PUSH 135/105</p> <p>PARTNER 2 CAL ROW</p> <p>REST 5 MINUTES</p> <p>SCORE: TOTAL CALS ROWED</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> 5 x 1 HANG POWER SNATCH + 1 POWER SNATCH + OVERHEAD SQUAT</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> PUSH PRESS 3 x 5 75% ACROSS W/ RUSSIAN SWING 3 x 15</p> <p>AS HEAVY AS POSSIBLE FOR A CHALLENGING 15 REPS</p> <p>ALTERNATE MOVEMENTS EVERY 1:30</p> <p><u>METCON</u> AMRAP x 12 4-8-12-16-20 WALLBALLS 20/14</p> <p>2-4-6-8-10... BIKE CALORIES</p> <p>1-2-3-4-5... SANDBAG OVER THE SHOULDER 100/75</p> <p>Rx+: WALLBALL - 30/20 SANDBAG - 150/100</p>	<p>CROSSFIT</p> <p><u>METCON</u> 7 RND5 FT EVERY 2 MIN 250/200M ROW (15/12 CAL BIKE)</p> <p>7 TT8</p> <p>SCORE EACH INTERVAL</p> <p><u>ACCESSORY</u> 3 ROUNDS: :30 DUMBBELL BENT OVER ROW RIGHT</p> <p>REST :15</p> <p>:30 DUAL DUMBBELL FLOOR PRESS</p> <p>REST :15</p> <p>:30 DUMBBELL BENT OVER ROW LEFT</p> <p>REST :15</p> <p>:30s PUSH-UPS</p> <p>REST :15</p>	<p>CROSSFIT</p> <p><u>METCON</u> HERO WOD "LOONEY" 7 RND5 FT 400M RUN (500/400M ROW 30/24 CAL BIKE)</p> <p>29 OH LUNGES 95/65</p> <p>TIME GAP: 40 MIN</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> BACK SQUAT 6 @ 70% 3 @ 75% 6 @ 70% 3 @ 80% 6 @ 70% 3 @ 80% NEW SET EVERY 2:00</p>	<p>CROSSFIT</p> <p><u>METCON</u> PARTNERS 30 MINUTES :45 WORK</p> <p>:15 TRANSITION</p> <p>#1 ROW CALORIES (P1)</p> <p>#2 BIKE CALORIES (P2)</p> <p>ALTERNATE MACHINES EACH ROUND</p> <p>* SCORE COMBINED CALORIES OF BOTH MACHINES</p>