



PROGRAMMING APRIL 11 - APRIL 17, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CROSSFIT</p> <p><u>STRENGTH</u> FRONT SQUAT 3 x 3</p> <p>SET 1 @60% SET 2 @70% SET 3 @80%</p> <p>w/ STRICT CHIN-UP 3 x 3</p> <p>LOAD OR USE BAND TO CHALLENGE FOR 3 REPS EACH SET</p> <p>ALTERNATE MOVEMENTS EVERY 1:30</p> <p><u>METCON</u> METCON 5 ROUNDS:</p> <p>7 DUAL DUMBBELL SQUAT CLEAN THRUSTERS 50'S/35'S</p> <p>7/5 BAR MUSCLE-UPS</p> <p>1 SQUAT CLEAN THRUSTER = SQUAT CLEAN FROM THE DECK INTO A THRUSTER</p> <p>DO NOT DROP DUMBBELLS FROM OVERHEAD</p>	<p>CROSSFIT</p> <p><u>METCON</u> AS MANY CALORIES AS POSSIBLE IN 8 MINUTES: 1200M RUN (1500/1200M ROW)</p> <p>MAX CALORIE BIKE</p> <p>REST 3 MINUTES</p> <p>ACAP X 6 800M RUN (1000/800M ROW)</p> <p>MAX CALORIE BIKE</p> <p>REST 2 MINUTES</p> <p>ACAP X 4 400M RUN (500/400M ROW)</p> <p>MAX CALORIE BIKE</p> <p>REST 1 MINUTES</p> <p>ACAP X 2 200M RUN (250/200M ROW)</p> <p>MAX CALORIE BIKE</p> <p>SCORE: TOTAL CALORIES AFTER RUNS OR (ROWING SUBS)</p> <p><u>ACCESSORY</u> MIDLINE FINISHER: 3 ROUNDS :30 FLUTTER KICKS REST :15 :30 BANDED GOOD MORNINGS REST :15 :30 FOREARM PLANK REST :15 :30 HEEL ELEVATED GLUTE BRIDGE HOLD (20" ELEVATION) REST :15</p>	<p>CROSSFIT</p> <p><u>METCON</u> POWER SNATCH 3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p>TOUGH AND GO</p> <p><u>METCON</u> AMRAP x 12 21 DEADLIFTS 95/65</p> <p>15 TOES TO BARS</p> <p>9 POWER SNATCHES 95/65</p> <p>RX+: 115/85</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> OVERHEAD SQUAT 3-3-2-2-1-1-1</p> <p>NEW SET EVERY 1:30</p> <p>BUILD TO A HEAVY FOR THE DAY</p>	<p>CROSSFIT</p> <p><u>METCON</u> EMOM x 30 MINUTE 1 12 PULL-UPS</p> <p>MINUTE 2 40 DOUBLE UNDERS</p> <p>MINUTE 3 2 ROPE CLIMBS</p> <p>MINUTE 4 12/9 CALORIE BIKE (15/12 CAL ROW)</p> <p>MINUTE 5 7/5 STRICT RING DIPS</p> <p>MINUTE 6 REST</p> <p>RX+: 3 ROPE CLIMBS 5/3 RING MUSCLE- UPS</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> PUSH PRESS 3 x 3</p> <p>3@60% 3@70% 3@80%</p> <p>w/ RUSSIAN SWING 3 x 12</p> <p>AS HEAVY AS POSSIBLE FOR A CHALLENGING 12 REPS</p> <p>ALTERNATE MOVEMENTS EVERY 1:30</p> <p><u>METCON</u> AMRAP x 15 2 PUSH PRESS 75/55</p> <p>8 SINGLE DB ALT. BOX STEP-UPS 50/35</p> <p>4 PUSH PRESS</p> <p>8 SINGLE DB ALT. BOX STEP-UPS</p> <p>6 PUSH PRESS</p> <p>8 SINGLE DB ALT. BOX STEP-UPS</p> <p>ADD 2 PUSH PRESS EACH ROUND</p> <p>RX+: 95/65 70/50</p>	<p>CROSSFIT</p> <p><u>METCON</u> "300" FOR TIME: 25 PULL-UPS</p> <p>50 DEADLIFTS 135/95</p> <p>50 PUSH-UPS</p> <p>50 BOX JUMPS</p> <p>50 FLOOR WIPERS" L-1, R-2 (1 COUNT)</p> <p>50 SINGLE ARM KETTLEBELL "CLEAN AND PRESS" 35/20 (25 L/R EACH ARM)</p> <p>25 PULL-UPS</p> <p>FOR A TOTAL OF 300 REPS</p> <p>YOU MAY ALTERNATE HANDS AS NEED ON KB CLEAN AND JERK TO ACHIEVE 25 ON EACH SIDE</p> <p>FLOOR WIPERS ARE 1 COUNT WITH HEELS TOUCH THE GROUND IN THE MIDDLE B/T REPS</p>	<p>CROSSFIT</p> <p><u>METCON</u> FOR TIME: 1600/1200M ROW (100/75 CAL BIKE)</p> <p>1200M RUN</p> <p>800M SANDBAG CARRY 100/75</p> <p>400M MIXED GRIP CARRY 53/35'S</p> <p>1 KB IN FRONT RACK, 1 KB HELD AT SIDE LIKE A FARMERS CARRY SWITCH SIDES AS NECESSARY TRY TO DISTRIBUTE EVENLY</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> BACK SQUAT WAVES #1 - 4 REPS #2 - 2 REPS #3 - 4 REPS #4 - 2 REPS #5 - 4 REPS #6 - 2 REPS AIM IS TO BUILD STEADILY ON THE 2- REP, WHERE THE SETS OF 4 STAY CONSTANT. NEW SET EVERY 2:00</p>