



PROGRAMMING MAY 9 - MAY 15, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CROSSFIT</p> <p><u>METCON</u> SUMO DEADLIFT 5@70% 3@80% 1@90%</p> <p>W/ STRICT WEIGHTED DIP 5-3-1</p> <p>UNLOADED OR MODIFIED DIPS PERFORM 5-7 REPS AS CHALLENGING AS POSSIBLE</p> <p>ALTERNATE MOVEMENTS EVERY 1:30</p> <p><u>METCON</u> FOR TIME: 50 DOUBLE UNDERS (2X SINGLES)</p> <p>25 CAL BIKE (34 CAL ROW)</p> <p>5 POWER CLEANS 155/105</p> <p>40 DOUBLE UNDERS</p> <p>20 CAL BIKE (29 CAL ROW)</p> <p>4 POWER CLEANS</p> <p>30 DOUBLE UNDERS</p> <p>15 CALORIE BIKE (21 CAL ROW)</p> <p>3 POWER CLEANS</p> <p>20 DOUBLE UNDERS</p> <p>10 CALORIE BIKE (14 CAL ROW)</p> <p>2 POWER CLEANS</p> <p>10 DOUBLE UNDERS</p> <p>5 CALORIE BIKE (9 CAL ROW)</p> <p>1 POWER CLEAN</p> <p>Rx+: 185/135</p>	<p>CROSSFIT</p> <p><u>ENDURANCE</u> MURPH PREP 6 X 400M RUN (ROW 500/400 BIKE 24/18)</p> <p>NEW RUN EVERY 3:00 SCORE EACH INTERVAL</p> <p>REST 3:00 THEN.....</p> <p>EMOM x12</p> <p>MIN 1 5 STRICT PULL-UPS (LOAD IF POSSIBLE, MODIFY W/ BANDS)</p> <p>MIN 2 10 PUSH-UPS (WEAR VEST AND OR USE DEFICIT OR SCALE W/ BANDS)</p> <p>MIN 3 15 GOBLET SQUATS (AS HEAVY AS POSSIBLE)</p> <p>NO SCORE, FOR QUALITY</p> <p>MAKE IT AS CHALLENGING AS POSSIBLE WHILE MAINTAINING SOLID FORM!</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> TURKISH GET-UP 10 X 2 (1 RIGHT/ 1 LEFT)</p> <p>NEW SET EVERY 1:00</p> <p>LOAD AS HEAVY AS POSSIBLE ACROSS ALL 10 SETS</p> <p><u>METCON</u> FOR TIME: 500/400M ROW (30/21 CAL BIKE)</p> <p>21 KETTLEBELL SWINGS 53/35</p> <p>500/400M ROW</p> <p>18 KETTLEBELL SWINGS</p> <p>500/400M ROW</p> <p>15 KETTLEBELL SWINGS</p> <p>500/400M ROW</p> <p>12 KETTLEBELL SWINGS</p> <p>500/400M ROW</p> <p>9 KETTLEBELL SWINGS</p> <p>500/400M ROW</p> <p>6 KETTLEBELL SWINGS</p> <p>500/400M ROW</p> <p>3 KETTLEBELL SWINGS</p> <p>500/400M ROW</p> <p>Rx+: 70/53</p> <p>DO NOT ROLL METERS THROUGHOUT THE WORKOUT</p>	<p>CROSSFIT</p> <p><u>METCON</u> FOR TIME: 400M FARMER'S CARRY (53'S/35'S)</p> <p>200 DOUBLE-UNDERS</p> <p>100 WALLBALL 20/14</p> <p>50 TOE TO BAR</p> <p>Rx+: 70'S/53'S 30/20</p> <p><u>ACCESSORY</u> 4 ROUNDS: 1:30 WALL-SIT</p> <p>:30 SANDBAG SQUAT (BEAR HUG POSITION)</p> <p>100' SANDBAG CARRY</p> <p>REST 2:00</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> BACK SQUAT 5@70% 3@80% 1@90% 10@74%</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> HANG POWER SNATCH 3-3-3-3-3</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p> <p><u>METCON</u> AMRAP x 5 BUY IN: 30/24 CAL BIKE (40/30 CAL ROW)</p> <p>AMRAP IN TIME REMAINING: 3 POWER SNATCHES 115/75</p> <p>6 LATERAL BURPEES OVER BAR</p> <p>REST 5 MIN</p> <p>AMRAP x 5 BUY IN: 30/24 CAL BIKE</p> <p>AMRAP IN TIME REMAINING: 3 POWER SNATCHES</p> <p>6 LATERAL BURPEES OVER BAR</p> <p>Rx+: 135/95</p> <p>SCORE EACH INTERVAL SEPARATELY</p>	<p>CROSSFIT</p> <p><u>METCON</u> "MARATHON" 2 ROUNDS FOR TIME: 400M RUN (24/18 CAL BIKE)</p> <p>26 HAND RELEASE PUSH-UPS</p> <p>400M RUN</p> <p>26 KETTLEBELL SWINGS (53/35)</p> <p>400M RUN</p> <p>26 AB MAT SIT-UPS</p> <p>400M RUN</p> <p>26 DEADLIFTS 95/65</p> <p>400M RUN</p> <p>26 AIR SQUATS</p> <p>400M RUN</p> <p>26 BOX JUMPS 24/20</p> <p>THIS WORKOUT PRE-DATES THE 2013 BOSTON MARATHON BOMBING, BUT NOW SERVES AS A MEMORIAL FOR THE VICTIMS OF THE ATTACK, WHICH TOOK PLACE ON APRIL 15, 2013, DURING WHICH TERRORISTS PLANTED TWO HOMEMADE PRESSURE COOKER BOMBS, WHICH DETONATED 14 SECONDS AND 210 YARDS (190 M) APART AT 2:49 P.M., NEAR THE FINISH LINE OF THE RACE, KILLING 3 PEOPLE AND INJURING HUNDREDS OF OTHERS.</p>	<p>CROSSFIT</p> <p><u>METCON</u> AMRAP x 25 ROW 100M-200M-300M- 400M-500M.....</p> <p>DUAL DUMBBELL SHOULDER TO OVERHEAD 5-10-15-20-25 (50/35'S)</p> <p>200M SANDBAG CARRY AFTER EACH ROUND 100/75</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> DEADLIFT 10 X 2 @ 70%</p> <p>NEW SET EVERY 1:00</p>