



PROGRAMMING JUNE 20 - JUNE 26, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>METCON</u> 5 ROUNDS EVERY 4:00 BIKE 20/15 CALS (ROW 29/21 CALS)</p> <p>7/5 STRICT PULL-UPS</p> <p>5-4-4-3-3 HANG POWER SNATCH</p> <p>CLIMB IN WEIGHT ON THE HANG POWER SNATCH</p> <p>RECORD WEIGHTS FROM EACH ROUND!</p>	<p><u>METCON</u> FOR TIME: 20 DEADLIFTS 95/65</p> <p>10 SANDBAG OVER THE SHOULDER 100/75</p> <p>400M RUN (30/24 CALORIE ROW)</p> <p>- REST 1 MIN -</p> <p>FOR TIME: 400M RUN (30/24 CALORIE ROW)</p> <p>20 DEADLIFTS 95/65</p> <p>10 SANDBAG OVER THE SHOULDER 100/75</p> <p>- REST 1 MIN -</p> <p>FOR TIME: 10 SANDBAG OVER THE SHOULDER 100/75</p> <p>400M RUN (30/24 CALORIE ROW)</p> <p>20 DEADLIFTS 95/65</p> <p>SCORE EACH PIECE</p> <p>RX+: 135/95 150/100</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> 5 x 1 COMPLEX 1 POWER CLEAN 1 THRUSTER 1 SHOULDER TO OVERHEAD E2MOM</p>	<p><u>METCON</u> FOR TIME: 75/50 CALORIE BIKE</p> <p>50 RENEGADE ROWS (50/35'S)</p> <p>75/50 CALORIE ROW</p> <p>RENEGADE ROW: DB PUSH-UP R ARM ROW L ARM ROW</p> <p><u>ACCESSORY</u> EMOM x 10</p> <p>MIN 1 :30S ALT. V-UPS</p> <p>MIN 2 :30S SUPERMAN HOLD</p> <p>MIN 3 :30S RUSSIAN TWISTS W/ MEDBALL</p> <p><u>SUPPLEMENTAL OPEN GYM</u> DEFICIT DEADLIFT (STANDING ON A 45LB PLATE) 3 x 10 @ 60%</p> <p>NEW SET EVERY 2:00</p> <p>TOUCH AND GO</p>	<p><u>STRENGTH</u> FRONT SQUAT 5 x 5</p> <p>NEW SET EVERY 2:00</p> <p>ACROSS @ APPROX 75%)</p> <p><u>METCON</u> FOR TIME: 10-9-8-7-6-5-4-3-2-1 SHOULDER TO OVERHEAD 95/65</p> <p>FRONT SQUAT 95/65</p> <p>* 30 DOUBLE UNDERS AFTER EACH ROUND</p> <p>Rx+: 135/95</p>	<p><u>STRENGTH</u> TURKISH GET-UP 3 x 3 PER SIDE</p> <p><u>METCON</u> 8 ROUNDS FOR REPS OF: :20 MAX CALORIE BIKE</p> <p>:10 REST</p> <p>:20 MAX REP DUMBBELL BENCH PRESS 50/35'S</p> <p>:10 REST</p> <p>:20 MAX BURPEES</p> <p>:10 REST</p> <p>SCORE TOTAL REPS</p> <p><u>ACCESSORY</u> 3 ROUNDS: 10 DUMBBELL SEESAW PRESS</p> <p>10 DUMBBELL HAMMER CURLS</p> <p>10 DUMBBELL SKULL CRUSHERS</p>	<p><u>METCON</u> "WHITE" 5 ROUNDS FOR TIME: 3 ROPE CLIMBS</p> <p>10 TOES-TO-BARS</p> <p>21 OVERHEAD LUNGES 45/25</p> <p>400M RUN (500/400M ROW)</p> <p><u>SUPPLEMENTAL OPEN GYM</u> BACK SQUAT 3 x 10 @ 65%</p> <p>NEW SET EVERY 2:00</p>	<p><u>METCON</u> PRIDE WOD & PARADE</p>