



PROGRAMMING AUG 1 - AUG 7, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> SQUAT SNATCH 7 x 1</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p> <p><u>METCON</u> FOR TIME: 1-2-3-4-5-6-7-8-9-10 BAR FACING BURPEES</p> <p>10-9-8-7-6-5-4-3-2-1 OVERHEAD SQUATS 95/65</p> <p>Rx+: 115/95</p> <p><u>SUPPLEMENTAL OPEN GYM</u> POWER CLEAN + PUSH JERK 6 x 1 PROGRESSIVE</p>	<p><u>METCON</u> FOR TIME: 80/65 CAL ROW (56/45 CAL BIKE)</p> <p>60 SINGLE DUMBBELL BOX STEP-UPS (24/20") 50/35</p> <p>40 SINGLE DUMBBELL CLEAN AND JERKS 50/35 (SWITCH HANDS EVERY 5 REPS)</p> <p>200M DUAL KETTLEBELL FARMERS CARRY 53/35's</p> <p>40 SINGLE DUMBBELL CLEAN AND JERKS</p> <p>60 SINGLE DUMBBELL BOX STEP-UPS</p> <p>80/65 CAL ROW</p> <p><u>ACCESSORY</u> TABATA :20s ON/:10s OFF 8 ROUNDS</p> <p>PARTNER MED BALL SIT-UP</p>	<p><u>STRENGTH</u> SUMO DEADLIFT 5 x 5</p> <p>APPROX 75% ACROSS</p> <p>NO TOUCH AND GO</p> <p>NEW SET EVERY 2:00</p> <p><u>METCON</u> 21-15-9 DEADLIFTS 225/155</p> <p>RING DIPS</p> <p>DB BENCH PRESS 50/35's</p> <p><u>SUPPLEMENTAL OPEN GYM</u> BACK SQUAT 5@65% 3@75% 2@85% 2@90% 1@ 95%</p> <p>EVERY 2 MIN</p>	<p><u>METCON</u> AMRAP X 30 50 ABMAT SIT-UPS</p> <p>40 BOX JUMPS 24"/20"</p> <p>30 FRONT RACK REVERSE LUNGES 75/55</p> <p>200M RUN W/ PLATE 45/25 (300/250M ROW)</p> <p>10 SANDBAG OVER THE SHOULDER 100/75</p>	<p><u>STRENGTH</u> WEIGHTED STRICT PULL-UP</p> <p>5 x 3</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p> <p><u>METCON</u> AMRAP X 5 30/21 CAL BIKE (43/21 CAL ROW)</p> <p>1 ROUND OF CINDY INTO...</p> <p>REMAINING TIME MAX: POWER CLEANS IN REMAINING TIME 135/95</p> <p>-REST 5 MIN-</p> <p>AMRAP X 5 21/15 CAL BIKE (30/21 CAL ROW)</p> <p>2 ROUNDS OF CINDY INTO....</p> <p>REMAINING TIME MAX: POWER CLEANS IN REMAINING TIME 155/115</p> <p>SCORE TOTAL POWER CLEAN REPS BETWEEN BOTH AMRAPs FOR ONE SCORE!</p> <p>CINDY: 5 PULL UPS 10 PUSH UPS 15 AIR SQUATS</p>	<p><u>METCON</u> "KETTLEBELL MADNESS" FOR TIME: 40 KETTLEBELL SNATCHES 53/35</p> <p>20 BURPEES</p> <p>40 ONE ARM KETTLEBELL OVERHEAD REVERSE LUNGES</p> <p>20 BURPEES</p> <p>40 SUITCASE DEADLIFTS</p> <p>20 BURPEES</p> <p>40 ONE ARM KETTLEBELL SHOULDER- TO-OVERHEAD</p> <p>20 BURPEES</p> <p>40 GOBLET SQUATS</p> <p>20 BURPEES</p> <p>Rx+: 70/53</p> <p>* ALTERNATE ARMS AS NEEDED WITH EACH EXERCISE BUT MUST GET EVEN AMOUNT OF REPS ON EACH SIDE</p>	<p><u>METCON</u> 5 ROUNDS FOR REPS: :30 BIKE CALORIES</p> <p>REST :30</p> <p>:30 BOX JUMPS 24/20"</p> <p>REST :30</p> <p>:30 ROW CALORIES</p> <p>REST :30</p> <p>:30 AB-MAT SIT-UPS</p> <p>REST :30</p> <p>:30 BALL SLAMS 30/20</p> <p>REST :30</p> <p>SCORE TOTAL CALORIES + REPS</p> <p><u>SUPPLEMENTAL OPEN GYM</u> TEMPO BENCH PRESS 5 x 3 3 SECONDS DOWN 2 SECOND PAUSE FAST LIFT UP</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p>