



PROGRAMMING JULY 11 - JULY 17, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>METCON AMRAP x 5 RUN 200M (ROW 250/200M) 7 POWER SNATCH 95/65</p> <p>REST 5:00</p> <p>AMRAP x 5 RUN 200M 7 POWER SNATCH 115/75</p> <p>REST 5:00</p> <p>AMRAP x 5 RUN 200M 7 POWER SNATCH 135/95</p> <p>PICK UP NEXT ROUND WHERE YOU LEFT OFF IN THE PREVIOUS ROUND (AT CLOSEST 100M MARK COMPLETED)</p> <p>KEEP ONE RUNNING SCORE FOR THE WORKOUT</p> <p>ACCESSORY CHOOSE ONE OF THE FOLLOWING REP SCHEMES: A. 6 x 6 STRICT HANDSTAND PUSH-UPS B. 7 x 5 STRICT HANDSTAND PUSH-UPS C. 8 x 4 STRICT HANDSTAND PUSH-UPS D. 9 x 3 STRICT HANDSTAND PUSH-UPS</p> <p>REST 1 MINUTE BETWEEN SETS</p>	<p>STRENGTH BACK SQUAT 3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p>METCON FOR TIME: 15-12-9 WALLBALL 20/14</p> <p>TOE TO BAR</p> <p>REST 3:00</p> <p>15-12-9 FRONT SQUAT 115/75</p> <p>TOE TO BAR</p> <p>Rx+: WALLBALL 30/20 FRONT SQUAT 135/95</p> <p>SUPPLEMENTAL OPEN GYM PAUSE DEADLIFT 3 x 8 @ 60% NEW SET EVERY 2:00</p> <p>PAUSE FOR :02 BELOW KNEE, RESET EACH REP</p>	<p>METCON 10 ROUNDS EVERY 3:00 21/15 CAL ROW (15/12 CAL BIKE) *SHOULDER TO OVERHEAD</p> <p>*SET 1 = 10@ 50% *SET 2 = 9 @ 55% *SET 3 = 8@ 60% *SET 4 = 7@ 65% *SET 5 = 6@ 70% *SET 6-10 = 5@75+%</p>	<p>STRENGTH BENCH PRESS 5-5-5-5-5</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p>METCON 3 ROUNDS FOR TIME: 15 DEADLIFTS 155/105</p> <p>10 DUMBBELL BENCH PRESS 50/35's</p> <p>DIRECTLY INTO...</p> <p>75/60 CALORIE BIKE (100/85 CAL ROW)</p> <p>DIRECTLY INTO...</p> <p>3 ROUNDS: 15 DEADLIFTS 10 DUMBBELL BENCH PRESS</p> <p>Rx+: DEADLIFT 185/125 BENCH PRESS 70/50's</p> <p>SUPPLEMENTAL OPEN GYM POWER CLEAN 10 x 1 NEW LIFT EVERY 1:30 SET 1-3 - 70-75% SET 4-6 - 75-80% SETS 7-8 - 80-85% SET 9-10 - 85-90%</p>	<p>SKILL BAR MUSCLE UP SKILL PROGRESSIONS</p> <p>HOLLOW BODY HOLD HOLLOW BODY ROCK SUPERMAN HOLD SUPERMAN ROCK KIP KIPPING PULL-UP KIPPING CHEST TO BAR BOX BAR MUSCLE-UPS BAR MUSCLE-UP</p> <p>METCON 10 ROUNDS FOR TIME: 30 DOUBLE-UNDERS</p> <p>10 PULL-UPS</p> <p>5 BURPEE BOX JUMP OVERS 24/20"</p> <p>Rx+: 5 CHEST TO BAR 30/24</p>	<p>METCON AMCAP x 5 7 ROUNDS OF "THE CHIEF" 115/75</p> <p>MAX CALORIE ROW</p> <p>REST 5 MIN</p> <p>AMCAP x 5 6 ROUNDS OF "THE CHIEF" 135/95</p> <p>MAX CALORIE ROW</p> <p>REST 5 MIN</p> <p>AMCAP. X 5 5 ROUNDS OF "THE CHIEF" 155/105</p> <p>MAX CALORIE ROW</p> <p>"THE CHIEF" 1 ROUND = 3 POWER CLEANS 6 PUSH-UPS 9 AIR SQUATS</p> <p>SCORE: TOTAL ROW CAL</p> <p>ACCESSORY 100 BANDED TRICEPS EXTENSIONS</p> <p>AS FAST AS YOU CAN</p>	<p>METCON STRONGMAN DAY FOR TIME:</p> <p>400M SANDBAG BEAR HUG CARRY 100/75</p> <p>10 X SLED ROPE PULL/ PUSH RETURN 115/75</p> <p>400M FRONT RACK CARRY 53/35's KB's OR 50/35 DB's</p> <p>SUPPLEMENTAL OPEN GYM PUSH PRESS + 2 PUSH JERK 10 X COMPLEX</p> <p>NEW SET EVERY 2:00 PROGRESSIVE (SUGGESTED %'S BASED ON PUSH PRESS)</p> <p>#1-3 - 60-65% #4-6 - 65-70% #7-8 - 70-75% #9-10 -75-80%</p>