



PROGRAMMING AUG 29 - SEPT 4, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> BACK SQUAT 5@65 5@75 5@85+ NEW SET EVERY 2:00</p> <p>ON THE LAST SET IF YOU HAVE AN EXTRA REP OR TWO W/ 85% GO BEYOND THE 5</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>* 100M RUN AFTER EACH SET OF FRONT SQUATS</p> <p>Rx+: 135/95</p> <p><u>ACCESSORY</u> CHOOSE ONE OF THE FOLLOWING REP SCHEMES: A. 6 X 6 UNBROKEN STRICT DIPS B. 7 X 5 UNBROKEN STRICT DIPS C. 8 X 4 UNBROKEN STRICT DIPS D. 9 X 3 UNBROKEN STRICT DIPS</p> <p>REST AS NEEDED BETWEEN SETS</p> <p>MAY LOAD</p>	<p><u>METCON</u> FOR TOTAL CALORIES: ROW 5:00 REST 5:00 ROW 4:00 REST 4:00 ROW 3:00 REST 3:00 ROW 2:00 REST 2:00 ROW 1:00</p> <p>SET VARIABLE INTERVALS ON MONITOR</p> <p>SCORE TOTAL CALORIES ROW'D</p> <p><u>ACCESSORY</u> 4 ROUNDS :20 SIDE PLANK (RIGHT) REST :10 :20 SIDE PLANK (LEFT) REST :10 :20 HOLLOW HOLD REST :10 :20 PUSH-UP PLANK REST :10</p> <p><u>SUPPLEMENTAL OPEN GYM</u> OVERHEAD SQUAT 4@65-70% 3@75-80% 2@80-85% 1@85-90%</p> <p>FOLLOWED BY...</p> <p>OVERHEAD SQUAT 3 x 8 @ 70% NEW SET EVERY 2:00</p>	<p><u>STRENGTH</u> BENCH PRESS 5@65 5@75 5@85+ NEW SET EVERY 2:00</p> <p>ON THE LAST SET IF YOU HAVE AN EXTRA REP OR TWO W/ 85% GO BEYOND THE 5</p> <p><u>METCON</u> FOR TIME: 5 ROUNDS OF: 10 BOX JUMP OVERS 24/20</p> <p>10 PULL-UPS</p> <p>THEN, 3 ROUNDS OF: 20 WALL-BALLS 20/14</p> <p>30 SIT-UPS</p> <p>THEN, 1 ROUND OF: 50 BURPEES</p> <p>* SCORE TOTAL TIME TO PERFORM</p> <p>Rx+: WALL BALL:30/20 BOX : 30"/24"</p>	<p><u>METCON</u> FOR TIME: 50/40 40/32 30/24 20/16 10/8 BIKE CALORIES</p> <p>100M FARMER CARRY 70/53's</p> <p>100' WALKING LUNGE</p> <p><u>SUPPLEMENTAL OPEN GYM</u> 2 ROUNDS HANG POWER CLEAN 5-4-3-2-1 PROGRESSIVE</p> <p>SECOND ROUND HEAVIER THAN FIRST</p>	<p><u>STRENGTH</u> DEADLIFT 3@65 3@75 3@85 NEW SET EVERY 2:00</p> <p>NO TOUCH AND GO</p> <p><u>METCON</u> ALTERNATING TABATA 8 ROUNDS :20 MAX REP DEADLIFT 185/125</p> <p>REST :10</p> <p>:20 MAX REP HAND RELEASE PUSH-UPS</p> <p>REST :10</p> <p>SCORE TOTAL REPS</p> <p>Rx+: 225/155 DEADLIFT</p>	<p><u>METCON</u> HERO WOD "JAG 28" FOR TIME: 800M RUN</p> <p>28 KB SWINGS 53/35</p> <p>28 STRICT PULL-UPS</p> <p>28 KB CLEAN & JERKS 53/35's</p> <p>28 STRICT PULL-UPS</p> <p>800M RUN</p> <p>U.S. AIR FORCE SENIOR AIRMAN MARK FORESTER, 29, OF TUSCALOOSA, AL, ASSIGNED TO THE 21ST SPECIAL TACTICS SQUADRON, BASED IN POPE AIR FORCE BASE, NC, DIED ON SEPTEMBER 29, 2010, WHILE CONDUCTING COMBAT OPERATIONS IN URUZGAN PROVINCE, AFGHANISTAN.</p>	<p><u>METCON</u> 4 ROUNDS IN 20 MINUTES MINUTE 1: 45s STRICT PASSES (EMPTY BARBELL)</p> <p>15s REST</p> <p>MINUTE 2: 45s BICEP CURLS (EMPTY BARBELL) 15 SECONDS REST</p> <p>MINUTE 3: 45s BENT OVER ROWS (EMPTY BARBELL)</p> <p>15 SECONDS REST</p> <p>MINUTE 4: 45s SKULL CRUSHERS (EMPTY BARBELL) 15 SECONDS REST</p> <p>MINUTE 5: 45s RING ROWS 15 SECONDS REST</p> <p>REPEAT 4 TIMES</p> <p><u>SUPPLEMENTAL OPEN GYM</u> TEMPO FRONT SQUAT @ 32X1 3@65% OF 1-RM FRONT SQUAT 2@70% 2@75% 1@80% 1@85% NEW SET EVERY 2:00 (3 SECONDS DOWN, 2 SECOND PAUSE AT BOTTOM, EXPLODE UP, 1 SECOND PAUSE AT TOP)</p>