



PROGRAMMING AUG 8 - AUG 14, 2022

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|---|--|--|
| <p><u>METCON</u> AMRAP X 5 200M RUN (300/250M ROW)</p> <p>9 FRONT SQUATS 115/75</p> <p>REST 5:00</p> <p>AMRAP X 5 200M RUN</p> <p>9 FRONT SQUATS 135/95</p> <p>REST 5:00</p> <p>AMRAP X 5 200M RUN</p> <p>9 FRONT SQUATS 155/115</p> <p>PICK UP WHERE YOU LEFT OFF ON THE PREVIOUS ROUND</p> <p>SCORE: TOTAL ROUNDS AND REPS FROM ALL 3 AMRAPs</p> <p><u>SUPPLEMENTAL OPEN GYM</u> OVERHEAD SQUAT 4 @ 65-70% 3@ 75-80% 2@ 80-85% 1@ 85-90% NEW SET EVERY 2:00</p> | <p><u>SKILL</u> TOES TO BAR</p> <p><u>METCON</u> 5 ROUNDS FOR TIME: 5/3 RING MUSCLE-UPS</p> <p>10 DEADLIFTS 225/155</p> <p>15 TOES TO BAR</p> <p>20/15 CALORIE BIKE</p> | <p><u>STRENGTH</u> BENCH PRESS</p> <p>3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p><u>METCON</u> AMRAP X 15 15/12 CALORIE ROW</p> <p>30 DOUBLE UNDERS (60 SINGLES)</p> <p>10 DUAL DUMBBELL BENCH PRESS 50/35's</p> <p><u>SUPPLEMENTAL OPEN GYM</u> SNATCH STRICT PRESS FROM BEHIND THE NECK 3 x 5 NEW SET EVERY 2:00 PROGRESSIVE</p> | <p><u>METCON</u> PARTNER WOD FOR TIME: 15x SLED PUSH DOWN/ DRAG BACKWARDS W/STRAPS 90/45</p> <p>20 SANDBAG OVER THE SHOULDER 100/75</p> <p>40 SINGLE DUMBBELL ALTERNATING BOX STEP-UPS 24/20" 50/35</p> <p>10x SLED PUSH DOWN/ DRAG BACKWARDS W/STRAPS 90/45</p> <p>20 SANDBAG OVER THE SHOULDER</p> <p>30 SINGLE DUMBBELL ALTERNATING BOX STEP-UPS</p> <p>5x SLED PUSH DOWN/ DRAG BACKWARDS W/STRAPS 90/45</p> <p>20 SANDBAG OVER THE SHOULDER</p> <p>20 SINGLE DUMBBELL ALTERNATING BOX STEP-UPS</p> <p>Rx+: SANDBAG OVER THE SHOULDER 150/100 DUMBBELL 70/50</p> | <p><u>STRENGTH</u> HANG POWER CLEAN 5-3-3-2-2</p> <p>NEW SET EVERY 1:30</p> <p>BUILD TO A MODERATE DOUBLE</p> <p><u>METCON</u> 5 ROUNDS: AS MANY CALORIES AS POSSIBLE IN 3:00: 3 WALL GIMBS</p> <p>9 HANG POWER CLEANS 115/75</p> <p>BIKE MAX CALORIES W/ REMAINDER OF TIME</p> <p>REST 1:00</p> <p>SCORE: TOTAL CALORIES BIKED</p> <p>Rx+: HANG POWER CLEANS 155/115</p> | <p><u>METCON</u> FOR TIME: "FILTHY FIFTY" 50 BOX JUMP 24/20"</p> <p>50 JUMPING PULL-UPS</p> <p>50 KETTLEBELL SWINGS 50/35</p> <p>50 FORWARD LUNGES</p> <p>50 KNEES TO ELBOWS</p> <p>50 PUSH PRESS 45/35</p> <p>50 BENT OVER ROWS 45/35</p> <p>50 WALL BALLS 20/14</p> <p>50 BURPEES</p> <p>50 DOUBLE-UNDERS</p> | <p><u>METCON</u> AMRAP X 25 20 SLAM BALLS 50/30</p> <p>20/15 CALORIE BIKE</p> <p>20 AB MAT SIT-UPS</p> <p>20/15 CALORIE ROW</p> <p>200M FARMERS CARRY 53's/35's</p> <p>Rx+: 70/53 KB's</p> <p><u>SUPPLEMENTAL OPEN GYM</u> FRONT SQUAT 4@ 65% 3@ 70% 2@ 75% 1@ 80% 3@ 80% NEW SET EVERY 2:00</p> |