



PROGRAMMING SEPT. 19 - SEPT 25, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CROSSFIT</p> <p><u>STRENGTH</u> BENCH PRESS 5@75% 3@85% 1@95%</p> <p>NEW SET EVERY 3:00</p> <p><u>METCON</u> 5 ROUNDS EVERY 3:00 5 BURPEES</p> <p>50 DOUBLE-UNDERS</p> <p>5 BURPEES</p> <p>6 PUSH JERKS 135/95</p> <p>Rx+: 165/115</p>	<p>CROSSFIT</p> <p><u>METCON</u> FOR MAX REPS 0:00 - 5:00 ROW FOR CALORIES</p> <p>5:00 - 10:00 GOBLET SQUATS</p> <p>10:00 - 13:00 REST</p> <p>13:00 - 18:00 LUNGES</p> <p>18:00 - 23:00 BIKE FOR CALORIES</p> <p>SQUAT AND LUNGES LOAD INCREASE EVERY 50 REPS</p> <p>GOBLET SQUATS 35/20 53/35 MAX: 70/53</p> <p><u>ACCESSORY</u> 3 ROUNDS: 10 DUMBBELL SEESAW PRESS PER ARM = 20 TOTAL REPS</p> <p>10 DUMBBELL HAMMER CURL</p> <p>10 DUMBBELL SKULL CRUSHERS</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> CLEANS 10 x 1 NEW SET EVERY 1:30 PROGRESSIVE RECOMMENDED %'s 60, 65, 70, 75, 80, 85, 90, 95, 95+, 95+</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> DEADLIFT 5@75% 3@85% 1@95%</p> <p>NEW SET EVERY 3:00</p> <p><u>METCON</u> FOR TIME: 21 DEADLIFTS 185/125</p> <p>RUN 200M</p> <p>5 WALL CLIMBS</p> <p>RUN 200M</p> <p>15 DEADLIFTS</p> <p>RUN 200M</p> <p>3 WALL CLIMBS</p> <p>RUN 200M</p> <p>9 DEADLIFTS</p> <p>RUN 200M</p> <p>1 WALL CLIMB</p> <p>RUN 200M</p> <p>RX+ 225/155</p>	<p>CROSSFIT</p> <p><u>METCON</u> 4 ROUNDS EACH FOR TIME: 100M FARMER'S CARRY 70/53</p> <p>20/15 CALORIE BIKE</p> <p>20 SANDBAG SQUATS 100/75</p> <p>REST 1:30</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> SNATCH 10 x 1 NEW SET EVERY 1:30 PROGRESSIVE RECOMMENDED %'s 60, 65, 70, 75, 80, 85, 90, 95, 95+, 95+</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> STRICT PRESS 5@75% 3@85% 1@95%</p> <p>NEW SET EVERY 3:00</p> <p><u>METCON</u> AMRAP x 12 2 BURPEE PULL-UPS</p> <p>4 STRICT DUMBBELL PRESS 50/35's</p> <p>8 BOX JUMPS 24/20"</p> <p>Rx+: AMRAP x 12 2 BAR MUSCLE-UPS</p> <p>4 STRICT HANDSTAND PUSH-UPS</p> <p>8 BOX JUMPS 30/24"</p>	<p>CROSSFIT</p> <p><u>METCON</u> END OF SUMMER WOD PARTNER WOD DOUBLE "WARPATH" FOR TIME: 1600M RUN</p> <p>12 ROUNDS "THE CHIEF" 135/95</p> <p>800M RUN</p> <p>8 ROUNDS "THE CHIEF"</p> <p>400M RUN</p> <p>4 ROUNDS "THE CHIEF"</p> <p>1 ROUND OF "THE CHIEF" (A CROSSFIT BENCHMARK WOD) IS 3 POWER CLEANS, 6 PUSH-UPS, 9 AIR SQUATS. WEIGHT ON THE BARBELL SHOULD BE SOMETHING THAT ATHLETES CAN GO UNBROKEN EVERY SINGLE ROUND. WANT TO BE ABLE TO CYCLE THIS BARBELL RATHER THAN GETTING STUCK ON IT. DOING SO TURNS THIS INTO A METABOLIC WORKOUT INSTEAD OF A STRENGTH WORKOUT, WHICH IS THE STIMULUS WE ARE LOOKING FOR.</p>	<p>CROSSFIT</p> <p><u>METCON</u> EMOM x 20</p> <p>MIN 1 10 DUAL DUMBBELL Z-PRESS</p> <p>MIN 2 15 DUAL DUMBBELL PUSH PRESS</p> <p>MIN 3 :30 HOLLOW HOLD OR ROCK</p> <p>MIN 4 :30 BANDED PULL-APARTS</p> <p><u>ACCESSORY</u> EMOM x 12 MINUTE 1 :30 COSSACK SQUAT</p> <p>MINUTE 2 :30 DEAD HANG</p> <p>MINUTE 3 :30 WALL SIT</p>