



PROGRAMMING SEPT. 5 - SEPT 11, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CROSSFIT</p> <p><u>METCON</u> FOR TIME: 600M RUN W/ MEDBALL 20/14</p> <p>30 POWER CLEAN 95/65</p> <p>600M RUN (NO MEDBALL)</p> <p>20 POWER CLEAN 135/95</p> <p>600M RUN (NO MEDBALL)</p> <p>10 POWER CLEAN 185/125</p> <p>600M RUN W/ MEDBALL 20/14</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> STRICT PRESS 5@60 5@70 5+@80</p> <p>NEW SET EVERY 2:00</p> <p><u>METCON</u> 4 ROUNDS FOR TIME: 15 HSPU</p> <p>12 ALTERNATING DUMBBELL SNATCHES 50/35</p> <p>9 BURPEE BOX JUMP-OVERS 24/20"</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> SNATCH GRIP PUSH PRESS 5 x 3 PROGRESSIVE NEW SET EVERY 1:30</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> 5 ROUNDS 3 STRICT PULL-UPS @ APPROX. 65% OF YOUR MAX 1 REP WEIGHTED PULL-UP</p> <p>6 STRICT PULL-UPS (UNWEIGHTED)</p> <p>REST 1:30</p> <p><u>METCON</u> AMCAP X 21 BIKE CALORIES EVERY 3:00 STARTING @ 0:00</p> <p>5 STRICT PULL-UPS + 10 BURPEES</p> <p>*0,3,6,9,12,15,21</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> BACK SQUAT 3@70 3@80% 3+@90%</p> <p>NEW SET EVERY 2:00</p> <p><u>METCON</u> FOR TIME: 1-2-3-4-5-6-7-8-9-10 DUAL DUMBBELL FRONT SQUATS 50'S/35'S</p> <p>*AFTER EACH ROUND: 50 DOUBLE UNDERS</p> <p>Rx+: 70'S/50'S DB'S</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> OVERHEAD SQUAT 5 x 5 @ 70% NEW SET EVERY 2:00</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> BENCH PRESS 3@70% 3@80% 3+@90%</p> <p>NEW SET EVERY 2:00</p> <p><u>METCON</u> 5 ROUNDS FOR TIME: 7 LEFT-ARM DUMBBELL ROWS</p> <p>7 RIGHT-ARM DUMBBELL ROWS</p> <p>21 DUMBBELL BENCH PRESSES</p> <p>500M ROW</p> <p>DB'S: 50/35</p> <p>TRIPOD ROWS USE A BOX OR BENCH TO BRACE OPPOSITE HAND</p>	<p>CROSSFIT</p> <p><u>METCON</u> COLFAX STRONG 9/11 TRIBUTE: FOR TIME: BUY-IN: RUN 2001M (2 X 800M + 401M)</p> <p>DIRECTLY INTO.. 9 FRONT SQUATS 95/65</p> <p>11 BURPEES</p> <p>9 TOES-TO-BAR</p> <p>11 BURPEES</p> <p>9 POWER SNATCHES</p> <p>11 BURPEES</p> <p>9 BOX JUMPS 24/20"</p> <p>11 BURPEES</p> <p>9 CHEST-TO-BAR PULL-UPS</p> <p>11 BURPEES</p> <p>9 DEADLIFTS</p> <p>11 BURPEES</p> <p>9 PUSH JERKS</p> <p>11 BAR FACING BURPEES</p> <p>9 POWER CLEANS</p> <p>11 BURPEES</p> <p>9 OVERHEAD SQUATS</p> <p>11 BURPEES</p> <p>Rx+: 135/95</p> <p>THIS WORKOUT IS DEDICATED TO ALL THE LIVES THAT WERE LOST FROM THE US TERRORIST ATTACKS ON SEPTEMBER 11, 2001</p>	<p>CROSSFIT</p> <p><u>METCON</u> AMRAP X 15 RUN 200M 10 TOE TO BAR</p> <p>100M FARMERS CARRY 53/35'S</p> <p>5 SANDBAG OVER THE SHOULDER 100/75</p> <p>Rx+: 70/53'S FARMERS 150/100 SANDBAG</p> <p><u>ACCESSORY</u> MIDLINE: 3 ROUNDS FOR QUALITY :30 FLUTTER KICKS REST :15 :30 BANDED GOOD MORNINGS REST :15 :30 AB MAT SIT-UPS REST :15</p>

