



PROGRAMMING OCT. 10 - OCT 16, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CROSSFIT</p> <p><u>STRENGTH</u> SUMO DEADLIFT 3@65% 3@75% 3+@85% NEW SET EVERY 3:00</p> <p><u>METCON</u> FOR TIME: 15-12-9-6: DEADLIFT 225/155</p> <p>CALORIE BIKE</p> <p>DIRECTLY INTO...</p> <p>6-9-12-15 TOES TO BAR</p> <p>CALORIE BIKE</p> <p>Rx+: 275/185</p>	<p>CROSSFIT</p> <p><u>METCON</u> FOR TIME: 60 WALLBALL 20/14 50 KBS 53/35</p> <p>40 SANDBAG REVERSE ALTERNATING LUNGES (BEARHUG) 100/75</p> <p>30 PULL-UPS</p> <p>20 BOX STEP-UPS 53's/35's</p> <p>10 BURPEE BOX JUMP OVERS 24/18</p> <p>Rx+: WALLBALL 30/20 KB: 70/53 SANDBAG 150/100 CHEST TO BAR BOX: 30/24 & 70's/53's</p> <p><u>ACCESSORY</u> CHOOSE ONE OF THE FOLLOWING REP SCHEMES: A. 3 SETS OF 15 UNBROKEN STRICT DIPS B. 4 SETS OF 12 UNBROKEN STRICT DIPS C. 5 SETS OF 9 UNBROKEN STRICT DIPS D. 6 SETS OF 6 UNBROKEN STRICT DIPS REST 1:00 BETWEEN SETS</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> BARBELL Z PRESS</p> <p>BUILD TO A 5 REP MAX FOR THE DAY</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> STRICT PRESS 5@75% 5@80% 3+ @85% NEW SET EVERY 3:00</p> <p><u>METCON</u> 3 ROUNDS FOR TIME: 10 HSPU</p> <p>15 HANG POWER CLEANS 95/65</p> <p>20 S20H 95/65</p> <p>25/18 CALORIE ROW</p> <p>Rx+: STRICT HSPU 135/95</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> 3 ROUNDS: 20 BARBELL BACK LOADED BULGARIAN SPLIT SQUATS (10 ON LEFT, 10 ON RIGHT)</p> <p>REST 1:00 AFTER EACH SET</p>	<p>CROSSFIT</p> <p><u>METCON</u> AMRAP x 25 400M RUN 20 SLAM BALLS 30/20 200FT SLED PUSH (90/70) 2 X DOWN AND BACK ON RIG 10 SANDBAG OVER THE SHOULDER 100/75</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> FRONT SQUAT 3@70% 3@80% 3@90% NEW SET EVERY 3:00</p> <p><u>METCON</u> FOR TIME: 15-12-9 FRONT SQUAT 135/95</p> <p>PULL-UPS</p> <p>REST 3:00</p> <p>12-9-6 FRONT SQUAT</p> <p>CHEST TO BAR</p> <p>REST 3:00</p> <p>9-6-3 FRONT SQUAT</p> <p>BAR MUSCLE-UPS</p>	<p>CROSSFIT</p> <p><u>METCON</u> "MCGHEE" AS MANY ROUNDS AND REPS AS POSSIBLE IN 30 MINUTES 5 DEADLIFTS (275/185) 13 PUSH-UPS 9 BOX JUMPS (24/20) US ARMY RANGER, CORPORAL RYAN C. MCGHEE, 21, WAS KILLED IN ACTION ON MAY 13, 2009 BY SMALL ARMS FIRE DURING COMBAT IN CENTRAL IRAQ. HE SERVED WITH 3RD BATTALION, 75TH RANGER REGIMENT OF FORT BENNING, GA. THIS WAS HIS FOURTH DEPLOYMENT, HIS FIRST TO IRAQ. RYAN WAS ENGAGED TO ASHLEIGH MITCHELL OF FREDERICKSBURG, VA. HE IS SURVIVED BY HIS FATHER STEVEN MCGHEE OF MYRTLE BEACH SC, HIS MOTHER SHERRIE BATTLE MCGHEE, AND HIS BROTHER ZACHARY.</p>	<p>CROSSFIT</p> <p><u>METCON</u> ON A 25-MINUTE CLOCK, 5 ROUNDS OF: BIKE FOR 50 SECONDS, REST 10 SECONDS BIKE FOR 40 SECONDS, REST 20 SECONDS BIKE FOR 30 SECONDS, REST 30 SECONDS BIKE FOR 20 SECONDS, REST 40 SECONDS BIKE FOR 10 SECONDS, REST 50 SECONDS SCORE: TOTAL CALORIES</p> <p><u>ACCESSORY</u> MIDLINE: 3 ROUNDS :45 AB MAT SIT-UPS REST :15 :45 FLUTTER KICKS REST :15 :45 RUSSIAN TWISTS (W/DB) REST :15</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> SQUAT CLEAN 10 X 1 NEW LIFT EVERY 1:30 PROGRESSIVE BUILD TO A HEAVY SINGLE FOR THE DAY</p>