



PROGRAMMING OCT. 17 - OCT 23, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CROSSFIT</p> <p><u>STRENGTH</u> BENCH PRESS 3@70% 3@80% 3@90%</p> <p>NEW SET EVERY 3:00</p> <p><u>METCON</u> 10 ROUNDS FOR TIME: 5 TOE-TO-BAR</p> <p>6 KETTLEBELL SWINGS 53/35</p> <p>7 BURPEES JUMP AND TOUCH 6" TARGET</p> <p>Rx+: 70/53 KB</p>	<p>CROSSFIT</p> <p><u>METCON</u> FOR TIME: 1200M RUN</p> <p>IMMEDIATELY FOLLOWED BY...</p> <p>10-9-8-7-6-5-4-3-2-1 PULL-UPS</p> <p>HANDSTAND PUSH-UPS</p> <p>IMMEDIATELY FOLLOWED BY...</p> <p>1200M RUN</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> OVERHEAD SQUAT 4@65-70% 3@75-80% 2@80-85% 1@85-90%</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> DEADLIFT 3@70% 3@80% 3@90%</p> <p>NEW SET EVERY 3:00</p> <p><u>METCON</u> AMCAP x 6 50 DEADLIFTS 95/65</p> <p>MAX CALORIE BIKE</p> <p>DIRECTLY INTO..</p> <p>AMCAP x 6 40 HANG POWER CLEANS 95/65</p> <p>MAX CALORIE BIKE</p> <p>DIRECTLY INTO..</p> <p>AMCAP x 6 30 SHOULDER TO OVERHEAD 95/65</p> <p>MAX CALORIE BIKE</p> <p>SCORE = TOTAL CALORIES ON BIKE</p> <p>Rx: 115/75</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> POWER CLEAN 10 x 1 #1-2 - 65-75% #3-4 - 75-80% #5-6 - 80-85% #7-8 - 85-90% #9-10 - 90-95% NEW SET EVERY 1:30 BUILD TO A HEAVY BUT TECHNICAL SINGLE, NO FAILING</p>	<p>CROSSFIT</p> <p><u>SKILL</u> ROPE CLIMBS</p> <p><u>METCON</u> 10 ROUNDS FOR TIME: 1 ROPE CLIMB</p> <p>200M RUN</p> <p>Rx+: LEGLESS CLIMBS</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> STRICT PRESS 3@70% 3@80% 3@90%</p> <p>NEW SET EVERY 3:00</p> <p><u>METCON</u> AMRAP x 12 1 BURPEE PULL-UP</p> <p>15 WALL BALLS 20/14</p> <p>2 BURPEE PULL-UPS</p> <p>15 WALL BALLS</p> <p>3 BURPEE PULL-UPS</p> <p>15 WALL BALLS ... [ADD 1 BURPEE PULL-UP EACH ROUND]</p> <p>SCORE = ROUNDS + REPS *IF YOU COMPLETE THE ROUND OF 7 BURPEE PULL-UPS + 15 WALL BALLS AND GET 5 BURPEE PULL-UPS IN THE ROUND OF 8. . . YOUR SCORE WOULD BE 7 + 5</p> <p>Rx+: BAR MUSCLE-UPS 30/20 WALLBALL</p> <p><u>ACCESSORY</u> 3 ROUNDS: 6-8 WEIGHTED WIDE GRIP PULL-UPS REST :30 10-12 DUMBBELL SKULL CRUSHERS REST :30 10-12 BARBELL BICEPS CURLS REST 2-3:00</p>	<p>CROSSFIT</p> <p><u>METCON</u> "ROW + POWER CLEANS" 3 ROUNDS FOR TIME: ROW 250/200M + 3 POWER CLEANS</p> <p>REST 1:00</p> <p>ROW 500/400M + 5 POWER CLEANS</p> <p>REST 2:00</p> <p>ROW 750/600M + 7 POWER CLEANS</p> <p>REST 3:00</p> <p>BARBELL LOADING: 155/105</p> <p>SCORE: TOTAL TIME INCLUDING REST</p> <p>RESET ROWERS OR SET UNDEFINED REST AND CUSTOM INTERVALS</p> <p>NO ROLLING METERS!</p>	<p>CROSSFIT</p> <p><u>METCON</u> 5 ROUNDS: FOR TOTAL REPS: :45 AB MAT SIT-UPS</p> <p>REST :30</p> <p>:45 BOX JUMPS 24/20"</p> <p>:30 REST</p> <p>:45 BALL SLAMS 30/20</p> <p>REST :30</p> <p>:45 GOBLET STEP BACK LUNGES 53/35</p> <p>REST :30</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> FRONT SQUAT 3@75% 2@80% 1@85% 1@90% 1@95% 3@90%</p>