



PROGRAMMING OCT. 24 - OCT 30, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>CROSSFIT</p> <p><u>STRENGTH</u> FRONT SQUAT 5@75% 3@85% 1@95%</p> <p>NEW SET EVERY 3:00</p> <p><u>METCON</u> EMOM x 15</p> <p>MINUTE 1 10 DUAL KETTLEBELL ALTERNATING FRONT RACK REVERSE LUNGES 53's/35's</p> <p>MINUTE 2 20 AB MAT SIT-UPS</p> <p>MINUTE 3 40 DOUBLE UNDERS</p> <p>Rx+: 70's/53's 15 GHD (PLEASE ONLY DO THESE IF YOU HAVE EXPERIENCE)</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> CLEAN TECHNIQUE COMPLEX 5 x COMPLEX: 1 POWER CLEAN 1 HANG SQUAT CLEAN (BELOW KNEE) 1 FRONT SQUAT</p> <p>NEW SET EVERY 1:30</p>	<p>CROSSFIT</p> <p><u>METCON</u> 4 ROUNDS EACH FOR TIME: 400M RUN</p> <p>10 DEVIL'S PRESS 50/35's</p> <p>400M RUN</p> <p>REST 4:00</p>	<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 FOR TIME: ROW 500/400M</p> <p>15 DUAL DUMBBELL BENCH PRESS 50/35's</p> <p>Rx+: 70/50'S</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> SPLIT JERK 6 x 2 NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p>SET 1+2@75%, SET 2-3@80%, SET 4+5@85%, SET 6@90%</p>	<p>CROSSFIT</p> <p><u>METCON</u> AMRAP x 20 1-2-3-4-5-6-7-8-9-10.... PULL-UPS</p> <p>50' FARMERS CARRY (53/35's)</p> <p>1-2-3-4-5-6-7-8-9-10.... SANDBAG OVER THE SHOULDER 100/75</p> <p>50' FARMERS CARRY (53/35's)</p> <p>ATHLETES WILL PERFORM 1 PULL-UP, THEN PICK UP KB'S AND CARRY THEM DOWN TO THE END OF THE RIG, THEN PERFORM 1 SANDBAG OVER THE SHOULDER, THEN PICK UP KETTLEBELLS AND CARRY BACK THEN PERFORM 2 PULL-UPS....</p> <p>SCORING IS TOTAL ROUNDS PLUS ADDITIONAL REPS EXAMPLE: FINISHED ALL OF 9 ROUND PLUS 10 PULL-UPS 50' FARMERS CARRY PLUS 5 SANDBAG OVER THE SHOULDER = 9 + 16</p> <p>Rx+: CHEST TO BAR PULL-UPS 70/53's 150/100</p>	<p>CROSSFIT</p> <p><u>STRENGTH</u> SUMO DEADLIFT 5@75% 3@85% 1+@95%</p> <p>NEW SET EVERY 3:00</p> <p><u>METCON</u> "JOKER" FOR TIME: 1-2-3-4-5-6-7-8-9-10 TOES-TO-BARS</p> <p>10-9-8-7-6-5-4-3-2-1 DEADLIFTS 225/155</p> <p>RECORD AS A BENCHMARK WORKOUT</p>	<p>CROSSFIT</p> <p><u>METCON</u> "KELLY" 5 ROUNDS FOR TIME: 400M RUN</p> <p>30 BOX JUMPS 24/20</p> <p>30 WALLBALL 20/14</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>CROSSFIT</p> <p><u>METCON</u> FOR TIME: 10 WALL WALKS</p> <p>INTO</p> <p>100-80-60-40-20 AIR SQUATS</p> <p>SIT-UPS</p> <p>INTO</p> <p>10 WALL WALKS</p>