PROGRAMMING NOV. 14 - NOV. 20, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STRENGTH Option 1: 1RM Deadlift Option 2: Deadlift 4x10@50-60% **METCON** Buy-In: 1000m/800m Row 15-12-9 Deadlift 225/175 Bar-Facing Burpees Buy-Out: 1000m/800m Row	**SKILL** Toes to Bar **METCON** For Time: 40 Double-Unders 20 Wallball 20/14 10 Toes to Bar 80 Double-Unders 40 Wallball 20 Toes to Bar 120 Double-Unders 60 WallBall 30 Toes to Bar **SUPPLEMENTAL OPEN GYM** 4 x 10 Back Squat @ 65% of 1RM	**STRENGTH** Option 1: 1rm strict press Option 2: Strict press 4x10@50-60% **METCON** For Time: 30 DB Snatch 50/35 20 Renegade Rows 100ft OH DB Lunge (Switch Arms every 50m) 20 Renegade Rows 30 DB Snatch	**METCON** AMCAP x 5 3 Rounds: 12 Pull-Ups 9 Push Jerks 95/65 Time Remaining: Max Calorie Bike Rest 5 Minutes AMCAP x 5 2 Rounds: 12 Toe To Bar 9 Push Jerks 115/75 Time Remaining: Max Calorie Bike Rest 5 Minutes AMCAP x 5 1 Round: 12 Chest to Bar Pull-Ups 9 Push Jerks 135/95 Time Remaining: Max Calorie Bike Score Each “AMCAP” Interval Separately **SUPPLEMENTAL OPEN GYM** POWER SNATCH 9 X1 @ 80% 1RM	**STRENGTH** Option 1: 1rm front squat Option 2: Front squat 4X10@50-60% **METCON** Partner WOD For Time: P1 Row 1000m P2 Row 1000m P1 Row 500m P2 Row 500m P1 Row 250m P2 Row 250m Score Total Time	**METCON** “Modified Cindy” 10 Rounds For Time: 1-2-3-4-5-6-7-8-9-10 Clean-and-Jerks 155/105 5 Pull-Ups 10 Push-Ups 15 Air Squats Perform one clean-and-jerk followed by a round of “Cindy” (5 pull-ups, 10 push-ups, 15 air squats) followed by 2 clean-and-jerks. Repeat, adding another clean-and-jerk each round	**METCON** 3 Rounds For Time: 30/24 Calorie Row 40 Alternating Jump Lunges 20 Burpees 40 Air Squats 20/15 Calorie Bike Rest 3:00