



## PROGRAMMING DEC. 26 - JAN. 1, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b> FRONT SQUAT 5-5-5-5-5</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p><b><u>METCON</u></b> FOR QUALITY: EMOM x 12</p> <p>MINUTE 1 20 WALLBALL 20/14</p> <p>MINUTE 2 10 ALTERNATING KETTLEBELL FRONT RACK LUNGES 53/35'S</p> <p>MINUTE 3 1R/1L KB TURKISH GET-UP 53/35</p> <p><b><u>OPEN ACCESSORY</u></b> FOR QUALITY: 21 ALTERNATING DUMBBELL SNATCH</p> <p>REST :30</p> <p>15 ALTERNATING DUMBBELL SNATCH</p> <p>REST :30</p> <p>9 ALTERNATING DUMBBELL SNATCH</p> <p>CHOOSE A WEIGHT THAT YOU CAN GO UNBROKEN AND AS SMOOTH AS POSSIBLE</p>	<p><b><u>SKILL</u></b> BAR MUSCLE-UPS</p> <p><b><u>STRENGTH</u></b> AMRAP x 5 ROW 1000/800M</p> <p>MAX REP TOE TO BAR</p> <p>REST 5:00 AND THEN WHEN THE CLOCK HITS 10:00, PERFORM...</p> <p>AMRAP x 5 ROW 1000/800M</p> <p>MAX REP DEADLIFTS 225/175</p> <p>REST 5:00, AND THEN WHEN THE CLOCK HITS 20:00, PERFORM...</p> <p>AMRAP x 5 ROW 1000/800M</p> <p>MAX REP BAR MUSCLE-UPS</p>	<p><b><u>METCON</u></b> 10 ROUNDS NEW ROUND EVERY 2:00 ROUND 1: 10 HANG POWER CLEANS + 2 PUSH-UPS</p> <p>ROUND 2: 9 HANG POWER CLEANS + 4 PUSH-UPS</p> <p>ROUND 3: 8 HANG POWER CLEANS + 6 PUSH-UPS</p> <p>ROUND 4: 7 HANG POWER CLEANS + 8 PUSH-UPS</p> <p>ROUND 5: 6 HANG POWER CLEANS + 10 PUSH-UPS</p> <p>ROUND 6: 5 HANG POWER CLEANS + 12 PUSH-UPS</p> <p>ROUND 7: 4 HANG POWER CLEANS + 14 PUSH-UPS</p> <p>ROUND 8: 3 HANG POWER CLEANS + 16 PUSH-UPS</p> <p>ROUND 9: 2 HANG POWER CLEANS + 18 PUSH-UPS</p> <p>ROUND 10: 1 HANG POWER CLEANS + 20 PUSH-UPS</p> <p>SCORE: BARBELL LOADING FROM EACH ROUND</p> <p><b><u>OPEN ACCESSORY</u></b> EMOM x 7 7 LATERAL BAR BURPEES</p>	<p><b><u>STRENGTH</u></b> PUSH PRESS 3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p><b><u>METCON</u></b> AMRAP x 15 15/12 BIKE CALORIES</p> <p>9 SHOULDER TO OVERHEAD 115/75</p> <p>3/2 ROPE CLIMB</p> <p><b><u>SUPPLEMENTAL</u></b> <b><u>LIFTING</u></b> BACK SQUAT 8@ 65% OF 1-RM 6@ 70% 4@ 75% 3@ 80% 2@ 85%</p> <p>NEW SET EVERY 2:00</p>	<p><b><u>METCON</u></b> CROSSFIT OPEN 13.1 AMRAP x 17 40 BURPEES</p> <p>30 SNATCHES 75/55</p> <p>30 BURPEES</p> <p>30 SNATCHES 135/95</p> <p>20 BURPEES</p> <p>30 SNATCHES 155/100</p> <p>10 BURPEES</p> <p>MAX SNATCHES 195/120</p> <p><b><u>OPEN ACCESSORY</u></b> EMOM x 10 MINUTE 1 40 DOUBLE UNDERS</p> <p>MINUTE 2 7-10 HANDSTAND PUSH-UPS</p>	<p><b><u>NO CLASSES</u></b> HAPPY NEW YEAR!</p>	<p><b><u>NO CLASSES</u></b> HAPPY NEW YEAR!</p>