



PROGRAMMING JAN. 23 - JAN. 29, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b> BENCH PRESS 3-3-3-3-3 NEW SET EVERY 2:00 PROGRESSIVE</p> <p><b><u>METCON</u></b> EMOM x 15</p> <p>MINUTE 1 10 DUMBBELL BENCH PRESS (AS HEAVY AS POSSIBLE)</p> <p>MINUTE 2 20 AB MAT SIT-UPS RX+: 15 GHD SIT-UPS</p> <p>MINUTE 3 40 DOUBLE UNDERS (80 SINGLES)</p> <p>IF THIS IS YOUR FIRST TIME DOING GHD, THEN TODAY IS NOT THE DAY TO DO THEM</p>	<p><b><u>METCON</u></b> AMRAP x 4 4 THRUSTERS 95/65</p> <p>4 KETTLEBELL SWINGS 53/35</p> <p>REST 5:00</p> <p>AMRAP x 5 5 SHOULDER TO OVERHEAD 115/75</p> <p>5 PULL-UPS</p> <p>REST 5:00</p> <p>AMRAP x 6 6 TOE TO BAR</p> <p>6 BURPEES</p> <p>Rx+: BARBELL 115/75 135/95 KB 70/53 CHEST TO BAR</p> <p><b><u>SUPPLEMENTAL OPEN GYM LIFTING</u></b> 5 x 1 SQUAT SNATCH NEW SET EVERY 1:30</p>	<p><b><u>STRENGTH</u></b> DEADLIFT BUILD TO A HEAVY SET OF 10 ON A 12:00 CLOCK BUILD TO A 10RM TOUCH AND GO DEADLIFT FOR THE DAY</p> <p>EXAMPLE OF THE SESSION 5@135, 5@185, 5@225, 3@245..... 10@245</p> <p><b><u>METCON</u></b> 5 ROUNDS FOR TIME: 15/12 CALORIE ROW</p> <p>12 ALTERNATING DUMBBELL SNATCH 50/35</p> <p>3 WALL CLIMBS</p> <p>Rx+: DB 70/53</p>	<p><b><u>METCON</u></b> 4 ROUNDS EVERY 4:00 FOR QUALITY: 20 AB-MAT SITUPS 2 ROPE CLIMBS 20 ALT. DB LUNGES</p> <p>ROUND 1 SUITCASE WALKING LUNGE</p> <p>ROUND 2 FRONT RACK WALKING LUNGE</p> <p>ROUND 3 MIX GRIP: RIGHT HAND OVERHEAD, LEFT HAND FRONT RACK</p> <p>ROUND 4 MIXED GRIP: LEFT HAND OVER HEAD, RIGHT HAND FRONT RACK</p> <p><b><u>ACCESSROY</u></b> 3 ROUNDS FOR QUALITY: 10 SINGLE-ARM DUMBBELL BENCH PRESS</p> <p>REST 1:00</p> <p>15 SINGLE-ARM DUMBBELL ROW</p> <p>REST 1:00</p> <p>MAX SET UNBROKEN DOUBLE UNDERS</p>	<p><b><u>METCON</u></b> "CROSSFIT GAMES OPEN EVENT 12.1"</p> <p>7 MINUTES OF BURPEES TO A TARGET 6" ABOVE STANDING REACH</p> <p>REST 8 MINUTES, AND WHEN THE CLOCK HITS 15:00,</p> <p>MAX EFFORT ROW: AS MANY METERS AS POSSIBLE IN 7 MINUTES: ROWING</p> <p>SCORE EACH METCON SEPARATELY</p>	<p><b><u>METCON</u></b> 5 ROUNDS EVERY 4:00: 15 BOX JUMP OVERS 24/20"</p> <p>12 TOE TO BAR</p> <p>"X" AMOUNT OF OVERHEAD SQUATS ROUND #1- 10 REPS ROUND #2- 8 REPS ROUND #3- 6 REPS ROUND #4- 4 REPS ROUND #5- 2 REPS</p> <p>SCORE LOADING FROM EACH ROUND</p> <p>WEIGHT TAKE FROM THE GROUND</p> <p>INCREASE WEIGHT EACH ROUND</p> <p>MUST REMAIN UNBROKEN</p> <p>SUB FRONT SQUATS IF OVERHEAD SQUAT POSITION NEEDS MORE WORK</p>	<p><b><u>METCON</u></b> AMRAP x 12 12/9 BIKE CALORIES</p> <p>50' FARMERS CARRY 53/35's</p> <p>50' BEAR HUG SANDBAG CARRY 100/75</p> <p>12/9 BIKE CALORIES</p> <p>4 50' SHUTTLE RUNS 25' DOWN AND BACK 4X</p> <p>REST 4:00</p> <p>AMRAP x 12 12/9 BIKE CALORIES</p> <p>50' DUAL KETTLEBELL FRONT RACK CARRY</p> <p>50' SHOULDERED SANDBAG CARRY RIGHT SIDE</p> <p>12/9 BIKE CALORIES</p> <p>50' SHOULDERED SANDBAG CARRY LEFT SIDE</p> <p>50' DUAL KETTLEBELL FRONT RACK CARRY</p> <p>SCORE EACH SEPARATELY</p> <p><b><u>SUPPLEMENTAL OPEN GYM LIFTING</u></b> BACK SQUAT 5@70% 4@75% 3@80% 2@85% 2@90%</p>