



## PROGRAMMING JAN. 30 - FEB. 5, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>METCON</b> @ 0:00 5 ROUNDS FOR TIME: 30 DOUBLE UNDERS</p> <p>15/12 HAND RELEASE PUSH-UPS</p> <p>@10:00 5 ROUNDS FOR TIME: 30 DOUBLE UNDERS</p> <p>10 SHOULDER TO OVERHEAD 95/65</p> <p>@20:00 5 ROUNDS FOR TIME: 30 DOUBLE UNDERS</p> <p>3 WALL WALKS</p> <p>3 SEPARATE SCORES FOR TIME</p> <p>Rx+: BARBELL 135/95</p>	<p><b>METCON</b> ON THE MINUTE X 6 1 POWER SNATCH @ APPROX. 90%</p> <p>REST 4:00</p> <p>ON THE MINUTE X 6 1 POWER CLEAN @ APPROX. 90%</p> <p>REST 4:00</p> <p>OPTION #1 FOR TIME: 30 MUSCLE-UPS (RING OR BAR, ATHLETES CHOICE)</p> <p>OR OPTION #2 FOR TIME: 50 BURPEE PULL-UPS</p> <p>OR OPTION #3 50 BURPEE BOX JUMPS (24/20")</p> <p><b>SUPPLEMENTAL OPEN GYM LIFTING</b> POWER CLEAN + FRONT SQUAT + SQUAT CLEAN</p> <p>10 X COMPLEX</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p>	<p><b>STRENGTH</b> TURKISH GET-UP 10 X 2 (1 RIGHT/1 LEFT) NEW SET EVERY MINUTE ON THE MINUTE</p> <p>AS HEAVY AS POSSIBLE ACROSS</p> <p><b>METCON</b> FOR TIME: 50/35 CALORIE BIKE</p> <p>REST 3:00</p> <p>40/28 CALORIE BIKE</p> <p>REST 2:00</p> <p>30/21 CALORIE BIKE</p> <p>REST 1:00</p> <p>20/14 CALORIE BIKE</p> <p>REST :30</p> <p>10/7 CALORIE BIKE</p>	<p><b>STRENGTH</b> DEADLIFT 3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>75% ACROSS</p> <p><b>METCON</b> FOR TIME: 10-8-6-4-2 DUAL DUMBBELL DEVILS PRESS 50/35's</p> <p>*AFTER EACH SET 30 AB MAT SIT-UPS + 10 SUITCASE REVERSE LUNGES</p> <p><b>OPEN PREP ACCESSORY:</b> CHOOSE ONE OF THE FOLLOWING REP SCHEMES: A. 3 SETS OF 12 KIPPING HANDSTAND PUSH-UPS B. 4 SETS OF 9 KIPPING HANDSTAND PUSH-UPS C. 5 SETS OF 7 KIPPING HANDSTAND PUSH-UPS D. 6 SETS OF 5 KIPPING HANDSTAND PUSH-UPS REST 1 MINUTE BETWEEN SETS</p>	<p><b>METCON</b> EMOM X 25</p> <p>MINUTE 1 15 WALLBALLS 20/14</p> <p>MINUTE 2 20 DB SNATCH 50/35</p> <p>MINUTE 3 15 BURPEES</p> <p>MINUTE 4 3 WALL WALKS</p> <p>MINUTE 5 15/12 CALORIE ROW</p> <p><b>OPEN PREP ACCESSORY:</b> "DUMBBELL SKILLS" EMOM X 6</p> <p>MINUTE 1 10 ALTERNATING SINGLE DB CLEAN AND JERK 50/35</p> <p>MINUTE 2 10 TOE TO BAR</p>	<p><b>BOX TO BOX COMP</b></p>	<p><b>METCON</b> 5 ROUNDS FOR TOTAL REPS :45 ROW CALORIES</p> <p>REST :30</p> <p>:45 FARMERS CARRY (53/35'S)</p> <p>REST :30</p> <p>:45 BIKE CALORIES</p> <p>REST :30</p> <p>:45 SANDBAG CARRY 100/75</p> <p>REST :30</p> <p>FOR FARMERS + SANDBAG CARRIES EVERY 25' = 1 REP BOTH THE FARMERS AND SANDBAG CARRIES MUST BE WALKED AND MAY NOT BE RAN SANDBAG CARRY CAN BE FRONT OR SHOULDER CARRIED</p> <p><b>SUPPLEMENTAL OPEN GYM LIFTING</b> OVERHEAD SQUAT 3 X 5 (BRING YOUR GRIP IN EACH SET) REST AS NEEDED</p>