



PROGRAMMING MAR. 20 - MAR. 26, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> TOUCH AND GO POWER CLEAN</p> <p>3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p>	<p><u>METCON</u> AMRAP x 4 BUY-IN: 30 CALORIE BIKE W/ REMAINDER OF TIME</p> <p>MAX REP: WALLBALL 20/14 Rx+: 30/20</p> <p>REST 2:00</p> <p>AMRAP x 4 BUY-IN: 30 CALORIE BIKE W/ REMAINDER OF TIME</p> <p>MAX REP: BURPEES</p> <p>REST 2:00</p> <p>AMRAP x 4 BUY-IN: 30 CALORIE BIKE W/ REMAINDER OF TIME</p> <p>MAX REP: HANDSTAND PUSH-UPS Rx+: STRICT HSPU</p> <p>REST 2:00</p> <p>AMRAP x 4 BUY-IN: 30 CALORIE BIKE W/ REMAINDER OF TIME</p> <p>MAX REP: TOES TO BAR</p>	<p><u>STRENGTH</u> WEIGHTED PULL-UP FOR TOTAL LOAD: 5-5-5-5-5</p> <p>NEW SET EVERY 2:00</p> <p>LOAD, USE BODY WEIGHT ONLY OR BANDS</p>	<p><u>METCON</u> FOR TIME: 20 DOUBLE UNDERS 5 KETTLEBELL SWINGS 50/35</p> <p>40 DOUBLE UNDERS 10 KETTLEBELL SWINGS</p> <p>60 DOUBLE UNDERS 15 KETTLEBELL SWINGS</p> <p>80 DOUBLE UNDERS 20 KETTLEBELL SWINGS</p> <p>100 DOUBLE UNDERS 25 KETTLEBELL SWINGS</p> <p>DIRECTLY INTO...</p> <p>30 AB MAT SIT-UPS 1000M ROW</p> <p>30 AB MAT SIT-UPS 800M ROW</p> <p>30 AB MAT SIT-UPS 600M ROW</p> <p>30 AB MAT SIT-UPS 400M ROW</p> <p>30 AB MAT SIT-UPS 200M ROW</p> <p>Rx+: 70/45 20 GHD SIT-UPS</p>	<p><u>STRENGTH</u> BENCH PRESS 3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p><u>METCON</u> AMRAP x 12 2 SHOULDER TO OVERHEAD 95/65</p> <p>8 DOUBLE DB DUMBBELL BOX STEP-UPS 24/20" 50's/35's</p> <p>4 SHOULDER TO OVERHEAD</p> <p>8 DOUBLE DB DUMBBELL BOX STEP-UPS</p> <p>6 SHOULDER TO OVERHEAD</p> <p>8 DOUBLE DB DUMBBELL BOX STEP-UPS ...</p> <p>ADD 2 SHOULDER TO OVERHEAD EACH ROUND</p> <p>Rx+: 135/95</p>	<p><u>METCON</u> "RANKEL" AMRAP 20 6 DEADLIFTS 225/155 LB</p> <p>7 BURPEE PULL-UPS 70/53</p> <p>200M RUN</p> <p>U.S. MARINE CORPS SERGEANT JOHN RANKEL, 23, OF SPEEDWAY, INDIANA, ASSIGNED TO 3RD BATTALION, 1ST MARINE REGIMENT, 1ST MARINE DIVISION, 1 MARINE EXPEDITIONARY FORCE, BASED OUT OF CAMP PENDLETON, CALIFORNIA, WAS KILLED ON JUNE 7, 2010, WHILE SUPPORTING COMBAT OPERATIONS IN HELMAND PROVINCE, AFGHANISTAN. HE IS SURVIVED BY MOTHER AND STEPFATHER DON AND TRISHA STOCKHOFF; FATHER AND STEPMOTHER, KEVIN AND KIM RANKEL; AND BROTHERS NATHAN STOCKHOFF AND TYLER RANKEL.</p>	<p><u>METCON</u> FOR TIME: 21-18-15-12-9-6-3 BIKE CALORIES</p> <p>*50' FARMERS CARRY 53/35's</p> <p>21-18-15-12-9-6-3 WALLBALL 20/14</p> <p>*50' FARMERS CARRY Rx+ 70/53's KB's 30/20 WALLBALL</p>
<p><u>METCON</u> AMRAP x 12 15/12 CALORIE ROW</p> <p>3 POWER CLEANS 135/95</p> <p>15/12 CALORIE ROW</p> <p>6 POWER CLEANS</p> <p>15/12 CALORIE ROW</p> <p>9 POWER CLEANS</p> <p>15/12 CALORIE ROW</p> <p>12 POWER CLEANS</p> <p>* ADD 3 POWER CLEANS PER ROUND</p> <p>* SCORE = THE NUMBER OF ROUNDS + REPS/CALS</p>		<p><u>METCON</u> 10 ROUNDS FOR TIME: 1 ROPE CLIMB</p> <p>200FT DOWN AND BACK SHUTTLES</p> <p>Rx+: LEGLESS</p> <p>SCALE FOR SPEED W/ 12' CLIMBS OR 7 PULL-UPS/ RING ROWS</p>				<p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> 5 x 5 PUSH PRESS @75% OF 1-RM</p>
<p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> 5 x 5 PUSH PRESS @75% OF 1-RM</p>		<p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> SQUAT SNATCH 10 x 2 NEW SET EVERY 2:00 SINGLES</p>				<p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> 5 x 5 BACK SQUAT @75% OF 1-RM</p>