



## PROGRAMMING MAR. 27 - APR. 2, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>METCON</u> EMOM x 8 10 TOE TO BAR</p> <p>REST 2:00</p> <p>EMOM x 8 7 BURPEE BOX JUMPS 24/20</p> <p>REST 2:00</p> <p>EMOM x 8 10 PULL-UPS</p> <p>REST 2:00</p> <p>EMOM x 8 7 BURPEE BOX JUMPS</p> <p>Rx+ BOX 30/24 CHEST TO BAR</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> FRONT SQUAT 5-4-3-2-1 NEW SET EVERY 1:30 PROGRESSIVE</p>	<p><u>STRENGTH</u> TOUCH AND GO POWER SNATCH 3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE TO MODERATE HEAVY TRIPLE</p> <p><u>METCON</u> AMRAP x 12 15/12 CALORIE ROW</p> <p>3 POWER SNATCH 95/65</p> <p>15/12 CALORIE ROW</p> <p>6 POWER SNATCH</p> <p>15/12 CALORIE ROW</p> <p>9 POWER SNATCH</p> <p>15/12 CALORIE ROW</p> <p>12 POWER SNATCH</p> <p>ADD 3 POWER SNATCH</p> <p>SCORE = THE NUMBER OF ROUNDS + REPS/CALS.....</p>	<p><u>METCON</u> 10 ROUNDS FOR TIME: 4 STRICT CHIN-UPS</p> <p>8 DUAL DUMBBELL BENCH PRESS 50/35's</p> <p>12 BARBELL FRONT RACK REVERSE LUNGES 75/55</p> <p>Rx+:95/65</p> <p><u>ACCESSORY</u> 3 SETS FOR QUALITY: 6 STRICT DIPS</p> <p>9 BARBELL GOOD MORNINGS</p> <p>15 AB-MAT SITUPS SUB GHD SIT-UPS FOR MORE SKILLED MOVEMENT</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> 5 x COMPLEX 1 HANG POWER CLEAN 1 PUSH JERK 1 HANG SQUAT CLEAN 1 SPLIT JERK</p> <p>EVERY 2:00</p>	<p><u>METCON</u> FOR TIME 2 ROUNDS: 5 x 100' SHUTTLE RUNS</p> <p>11 DUAL KETTLEBELL HANG CLEANS 35s/25s</p> <p>22 DUAL KETTLEBELL PUSH PRESS</p> <p>11 DUAL KETTLEBELL HANG CLEANS</p> <p>5 x 100' SHUTTLE RUNS</p> <p>REST: 3:00 AFTER FIRST ROUND</p> <p>Rx+: 53's/35's</p> <p><u>ACCESSORY</u> :20 ON/:40 OFF x 8 ROUNDS: V-UPS</p>	<p><u>METCON</u> 5 ROUNDS EVERY 3:00 15 ABMAT SIT-UPS</p> <p>30 DOUBLE UNDERS</p> <p>15 BURPEES</p> <p>15-12-9-6-3 UNBROKEN TOUCH AND GO DEADLIFTS</p> <p>BUILD WEIGHT EVERY ROUND</p> <p>SCORE LOADING FROM EACH ROUND</p> <p>IF YOU BREAK .. YOU MUST START THE SET OVER AGAIN .. SO CHOOSE YOUR WEIGHT WISELY</p> <p><u>ACCESSORY</u> 3 SETS: FOR QUALITY: 10 RING ROWS</p> <p>20 REAR FOOT ELEVATED SPLIT SQUATS (10 EACH LEG)</p> <p>:30 GLUTE BRIDGE HOLD</p>	<p><u>METCON</u> 2 ROUNDS FOR TIME: ROW 500M</p> <p>15 OVERHEAD SQUATS 95/65</p> <p>ROW 500M</p> <p>15 TOE TO BAR</p> <p>SCALE OVERHEAD SQUATS W/ FRONT SQUATS IF MOBILITY DOES NOT ALLOW</p>	<p><u>METCON</u> FIGHT GONE BAD STYLE: 6 ROUNDS: 1:00 ROW</p> <p>1:00 BOX JUMP OVERS</p> <p>1:00 SANDBAG CLEANS 100/75</p> <p>1:00 HAND RELEASE PUSH-UPS</p> <p>1:00 REST</p> <p>SCORE TOTAL REPS</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> 5 x 5 BACK SQUAT @75% OF 1-RM</p>