



PROGRAMMING APR. 10 - APR. 16, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>METCON</u> 10 ROUNDS FOR TIME: RUN 200M</p> <p>10-9-8-7-6-5-4-3-2-1 TOE TO BAR</p> <p>5 BURPEE BOX JUMPS 24/20"</p> <p><u>ACCESSORY</u> FOR QUALITY: 3 ROUNDS 10 TRIPOD ROW/ ARM</p> <p>10 REAR FOOT ELEVATED SPLIT SQUATS/ LEG</p> <p>20 GLUTE BRIDGES</p>	<p><u>STRENGTH</u> POWER SNATCH + HANG POWER SNATCH 7 X COMPLEX</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p> <p><u>METCON</u> AMRAP x 3 15/12 CALORIE BIKE</p> <p>12 POWER SNATCHES 75/55</p> <p>REST 3:00</p> <p>AMRAP x 3 15/12 CALORIE BIKE</p> <p>8 POWER SNATCHES 95/65</p> <p>REST 3:00</p> <p>AMRAP x 3 15/12 CALORIE BIKE</p> <p>4 POWER SNATCHES 115/75</p> <p>SCORE EACH AMRAP SEPARATELY</p> <p>Rx+: 95/65 115/75 135/95</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> PUSH PRESS 2 x 8 2 x 6 2 x 4 NEW SET EVERY 2:00 PROGRESSIVE</p>	<p><u>STRENGTH</u> FRONT SQUAT @75% 5-5-5</p> <p>EVERY 2:00</p> <p>DIRECTLY INTO...</p> <p>SUITCASE FORWARD STEPPING LUNGE 10-10-10 (AHAP)</p> <p>EVERY 2:00</p> <p><u>METCON</u> AMRAP x 12 10 CALORIE ROW</p> <p>16 FORWARD STEPPING LUNGES</p> <p>10 DUMBBELL BENCH PRESS 50/35's</p> <p>16 FORWARD STEPPING LUNGES</p>	<p><u>METCON</u> 3 ROUNDS FOR TIME:</p> <p>30 DUAL DUMBBELL SHOULDER TO OVERHEAD</p> <p>15 BURPEES OVER DUMBBELL</p> <p>9 - 50' SLED PUSH 115/70</p> <p>-REST 3:00-</p>	<p><u>STRENGTH</u> DEADLIFT 3-3-3-3-3</p> <p>75% ACROSS</p> <p>NO TOUCH AND GO</p> <p>NEW SET EVERY 2:00</p> <p><u>METCON</u> 5 ROUNDS FOR TIME: 100M FARMERS CARRY 53/35's</p> <p>30 AB MAT SIT-UPS</p> <p>10 DEADLIFTS 205/155</p> <p>Rx+: FARMERS CARRY 70/53's 20 GHD SIT-UPS DEADLIFT 245/175</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> 6 SETS: HALTING CLEAN PULL + 2 HANG CLEANS</p> <p>NEW SET EVERY 1:30</p> <p>WORK ON BEING FAST UNDER THE BAR ON THE HALTING CLEAN PULL PAUSE FOR 2-3 SECONDS ABOVE THE KNEE</p>	<p><u>METCON</u> FOR TIME 1,000M ROW</p> <p>THEN 10 ROUNDS OF: 7 BAR FACING BURPEES</p> <p>3 THRUSTERS 95/65</p> <p>THEN...</p> <p>1,200M MEDBALL RUN 20/14</p>	<p><u>METCON</u> 4 SETS EVERY 2:00</p> <p>ROUND 1 24/18 BIKE CALS</p> <p>ROUND 2 40 DOUBLE UNDERS + 3/2 WALL CLIMBS</p> <p>ROUND 3 200M SANDBAG CARRY 100/75</p> <p>ROUND 4 REST</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> BACK SQUATS: 8 REPS @ 60% 6 REPS @ 65% 4 REP @ 70% 8 REPS @ 65% 6 REPS @ 70% 4 REP @ 75%</p> <p>NEW SET EVERY 2:00</p>