



PROGRAMMING APR. 17 - APR. 23, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p style="text-align: center;"><u>METCON</u> MURPH PREP #1</p> <p style="text-align: center;">4 X 400M RUN NEW SET EVERY 3:00</p> <p style="text-align: center;"><u>STRENGTH</u> FOR QUALITY: EMOM X 15</p> <p style="text-align: center;">MINUTE 1 7 STRICT PULL-UPS (12 RING ROWS)</p> <p style="text-align: center;">MINUTE 2 12 PUSH-UPS</p> <p style="text-align: center;">MINUTE 3 20 AIR SQUATS</p> <p style="text-align: center;">Rx+: WEIGHT VEST</p> <p style="text-align: center;"><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> POWER SNATCH + OVERHEAD SQUAT + FULL SNATCH</p> <p style="text-align: center;">10 X COMPLEX</p> <p style="text-align: center;">NEW SET EVERY 1:30</p> <p style="text-align: center;">PROGRESSIVE</p>	<p style="text-align: center;"><u>METCON</u> FOR TIME: 50 CALORIE ROW</p> <p style="text-align: center;">100 METER FARMERS CARRY AHAP</p> <p style="text-align: center;">50 AB MAT SIT-UPS</p> <p style="text-align: center;">100 METER FARMERS CARRY</p> <p style="text-align: center;">40 CALORIE ROW</p> <p style="text-align: center;">100 METER FARMERS CARRY</p> <p style="text-align: center;">40 AB MAT SIT-UPS</p> <p style="text-align: center;">100 METER FARMERS CARRY</p> <p style="text-align: center;">30 CALORIE ROW</p> <p style="text-align: center;">100 METER FARMERS CARRY</p> <p style="text-align: center;">30 AB MAT SIT-UPS</p> <p style="text-align: center;">100 METER FARMERS CARRY</p> <p style="text-align: center;">20 CALORIE ROW</p> <p style="text-align: center;">100 METER FARMERS CARRY</p> <p style="text-align: center;">20 AB MAT SIT-UPS</p> <p style="text-align: center;">100 METER FARMERS CARRY</p> <p style="text-align: center;">10 CALORIE ROW</p> <p style="text-align: center;">100 METER FARMERS CARRY</p> <p style="text-align: center;">10 AB MAT SIT-UPS</p> <p style="text-align: center;">100 METER FARMERS CARRY</p>	<p style="text-align: center;"><u>METCON</u> FOR MAX REPS AND CALORIES:</p> <p style="text-align: center;">1 MINUTE OF MAX CLEAN & JERKS 135/95</p> <p style="text-align: center;">2 MIN OF REST</p> <p style="text-align: center;">1 MINUTE OF MAX BIKE CALORIES</p> <p style="text-align: center;">2 MIN OF REST</p> <p style="text-align: center;">1 MINUTE OF MAX CLEAN & JERKS</p> <p style="text-align: center;">2 MIN OF REST</p> <p style="text-align: center;">1 MINUTE OF MAX BIKE CALORIES</p> <p style="text-align: center;">2 MIN OF REST</p> <p style="text-align: center;">1 MINUTE OF MAX CLEAN & JERKS</p> <p style="text-align: center;">2 MIN OF REST</p> <p style="text-align: center;">1 MINUTE OF MAX BIKE CALORIES</p> <p style="text-align: center;">2 MIN OF REST</p> <p style="text-align: center;">1 MINUTE OF MAX BIKE CALORIES</p> <p style="text-align: center;">2 MIN OF REST</p> <p style="text-align: center;">1 MINUTE OF MAX BIKE CALORIES</p> <p style="text-align: center;">-SCORE MAX REPS OF CLEAN AND JERKS AND MAX CALORIES ON THE BIKE SEPARATELY</p> <p style="text-align: center;"><u>ACCESSORY</u> 2 SETS 1:00 MAX-REPS SIT-UPS</p> <p style="text-align: center;">DIRECTLY INTO...</p> <p style="text-align: center;">1:00 CUMULATIVE OVERHEAD BARBELL HOLD 95/65</p> <p style="text-align: center;">REST 1:00 BETWEEN SETS</p>	<p style="text-align: center;"><u>STRENGTH</u> BACK SQUAT 5-5-5-5-5</p> <p style="text-align: center;">NEW SET EVERY 2:00</p> <p style="text-align: center;">PROGRESSIVE</p> <p style="text-align: center;"><u>METCON</u> 4 ROUNDS FOR TIME: 18/12 CALORIE ROW</p> <p style="text-align: center;">15 BOX JUMP OVERS 24"/20"</p> <p style="text-align: center;">12 TOES TO BAR</p> <p style="text-align: center;">9 DOUBLE DUMBBELL FRONT SQUATS 50/35's</p> <p style="text-align: center;"><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> DEADLIFT: 6 SETS: 5 DEADLIFTS @ 65-70% NEW SET EVERY 2:00</p>	<p style="text-align: center;"><u>METCON</u> "OLD ROGUE" AMRAP X 20 MAX REP PUSH UPS TO FAILURE</p> <p style="text-align: center;">EVERY BREAK RUN 200M SCORE = TOTAL PUSH UPS</p> <p style="text-align: center;">FAILURE = ANY STOP OR PAUSE IN MOVEMENT</p> <p style="text-align: center;">NO WORMING OF PUSH-UPS - CORRECT MOVEMENTS IF SO, SCORE WILL NOT BE VALID - AND COACH WILL LET YOU KNOW</p>	<p style="text-align: center;"><u>METCON</u> HERO WOD "GEORGE DIPASQUALE" 2 ROUNDS FOR TIME: 2000/1600M ROW</p> <p style="text-align: center;">20 DEADLIFTS 225/155</p> <p style="text-align: center;">THIS FIREFIGHTER HERO WOD IS DEDICATED TO GEORGE DIPASQUALE, FDNY, LADDER 2, WHO WAS KILLED ON SEPTEMBER 11, 2001. HIS FAMILY SUMS IT UP BEST: GEORGE DIPASQUALE WAS A FIREFIGHTER WHO LOVED HIS JOB, BUT HIS FAITH AND FAMILY WERE MOST IMPORTANT. MR. DIPASQUALE, WHO STOOD 6 FEET 5 INCHES TALL, CARRIED THAT FAITH QUIETLY AND POWERFULLY. HIS NICKNAME AT LADDER CO. 2 IN MANHATTAN WAS "HOLY MAN."</p> <p style="text-align: center;">BOX TO BOX COMP @ VANTAGE TODAY</p>	<p style="text-align: center;"><u>METCON</u> AMRAP 25 BUY IN: 60/48 GAL BIKE</p> <p style="text-align: center;">1-2-3-4-5.... SANDBAG CLEANS 100/50</p> <p style="text-align: center;">1-2-3-4-5.... PULL-UPS</p> <p style="text-align: center;">AT 20:00 MAX CAL. BIKE</p> <p style="text-align: center;"><u>ACCESSORY</u> ACCUMULATE: 100 MED-BALL SITUPS</p> <p style="text-align: center;">100 MED-BALL RUSSIAN TWISTS</p> <p style="text-align: center;">BREAK UP HOWEVER YOU DESIRE</p>