



PROGRAMMING APR. 24 - APR. 30, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH/METCON</u> 6 ROUNDS EVERY 4:00 20/15 CALORIE ROW</p> <p>40 DOUBLE UNDERS (80 SINGLES)</p> <p>5-5-4-4-3-3 HANG POWER SNATCH</p> <p>CLIMB IN WEIGHT ON THE HANG POWER SNATCH</p> <p>SCORE LOADING EACH ROUND ON THE HANG POWER SNATCH</p>	<p><u>METCON</u> MURPH PREP 3 ROUNDS RUN 600M NEW SET EVERY 4:00</p> <p><u>STRENGTH</u> STRENGTH: EMOM x 15</p> <p>MINUTE 1 5 WEIGHTED PULL-UPS</p> <p>MINUTE 2 10 DUMBBELL BENCH PRESS</p> <p>MINUTE 3 15 GOBLET SQUATS</p> <p>SCORE LOADING ON EACH!</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> POWER CLEAN + FRONT SQUAT + SQUAT CLEAN</p> <p>10 x COMPLEX</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE DROP BAR AFTER FRONT SQUAT</p>	<p><u>METCON</u> FOR TIME: 21-18-15-12-9-6-3 BIKE CALORIES</p> <p>50M FARMERS CARRY 53's/35's</p> <p>21-18-15-12-9-6-3 DEADLIFT 185/125</p> <p>50M FARMERS CARRY 53's/35's</p> <p>Rx+: 225/155 DEADLIFT, 70's/53's KB's</p> <p><u>ACCESSORY</u> 3 SETS: 50' SINGLE ARM DUMBBELL OH WALKING LUNGE (LEFT)</p> <p>50' SINGE ARM OH DUMBBELL WALKING LUNGE (RIGHT)</p> <p>REST 1:30 BETWEEN SETS</p>	<p><u>STRENGTH</u> STRICT PRESS 3-3-3-3-3</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p> <p><u>METCON</u> 10 ROUNDS EVERY 2:00: ROW 250/225M</p> <p>ODD ROUNDS: MAX REP SHOULDER TO OVERHEAD 115/75</p> <p>EVEN ROUNDS: MAX REP TOE TO BAR</p> <p>RX+ (135/95)</p> <p>SCORE TOTAL REPS NO REST BETWEEN ROUNDS</p> <p>DON'T ROLL CALORIES</p>	<p><u>METCON</u> 3 ROUNDS 8 BURPEE BOX JUMP OVERS 30"/24"</p> <p>6 CLEANS 135/95</p> <p>REST 3:00</p> <p>3 ROUNDS 8 BURPEE BOX JUMP OVERS</p> <p>4 CLEANS 155/105</p> <p>REST 3:00</p> <p>3 ROUNDS 8 BURPEE BOX JUMP OVERS</p> <p>2 CLEANS 185/125</p> <p>SCORE TOTAL TIME INCLUDING REST</p>	<p><u>METCON</u> RUN 800M IMMEDIATELY INTO....</p> <p>5 ROUNDS: 4 PULL-UPS 8 PUSH-UPS 12 WALLBALL 20/14</p> <p>IMMEDIATELY INTO....</p> <p>RUN 400M</p> <p>IMMEDIATELY INTO....</p> <p>3 ROUNDS: 4 PULL-UPS 8 PUSH-UPS 12 WALLBALL</p> <p>RUN 200M</p> <p>IMMEDIATELY INTO....</p> <p>1 ROUND: 4 PULL-UPS 8 PUSH-UPS 12 WALLBALL</p> <p>Rx+: 20/14 LBS VEST</p>	<p><u>METCON</u> FOR TOTAL CALORIES: 5:00 ROW 5:00 BIKE 4:00 ROW 4:00 BIKE 3:00 ROW 3:00 BIKE 2:00 ROW 2:00 BIKE 1:00 ROW 1:00 BIKE</p> <p>NO TRANSITION TIME BUILT IN</p> <p>SCORE TOTAL CALS BETWEEN BOTH</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> STRENGTH: BACK SQUATS: 6 REPS @ 67.5% 4 REPS @ 72.5% 2 REPS @ 77.5% 6 REPS @ 70% 4 REPS @ 75% 2 REPS @ 80%</p>