



PROGRAMMING APR. 3 - APR. 9, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> POWER CLEAN + HANG POWER CLEAN</p> <p>7 X COMPLEX</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p> <p><u>METCON</u> AMRAP X 5 BUY-IN: 100 DOUBLE UNDERS (200 SINGLES)</p> <p>12 POWER CLEANS 115/75</p> <p>4 BURPEE BOX JUMPS 24"/20"</p> <p>REST 5 MINUTES</p> <p>AMRAP X 5 BUY-IN: 100 DOUBLE UNDERS</p> <p>8 POWER CLEANS 135/95</p> <p>4 BURPEE BOX JUMPS</p> <p>REST 5 MINUTES</p> <p>AMRAP X 5 BUY-IN: 100 DOUBLE UNDERS</p> <p>4 POWER CLEANS 155/105</p> <p>4 BURPEE BOX JUMPS</p> <p>Rx+: 135/85 155/105 185/115</p>	<p><u>STRENGTH</u> WEIGHTED PULL-UP FOR TOTAL LOAD: 3-3-3-3-3</p> <p>NEW SET EVERY 1:30</p> <p>LOAD, USE BODY WEIGHT ONLY OR BANDS</p> <p>IF USING BANDS OR BODY WEIGHT DO 5-7 REPS EACH SET</p> <p><u>METCON</u> 7 ROUNDS FOR TIME: 7 DUAL DUMBBELL FRONT SQUAT 50/35's</p> <p>7 PULL-UPS</p> <p>7 DUAL DUMBBELL SHOULDER TO OVERHEAD</p> <p>7 TOE TO BAR</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> EMOM X 12 SQUAT SNATCH PROGRESSIVE</p>	<p><u>METCON</u> FOR TIME: 21-15-9 ROW CALORIES</p> <p>25-15-5 SHUTTLE RUNS DOWN AND BACK = 1</p> <p>THEN...</p> <p>10 X 50' FARMERS CARRY 53/35's</p> <p>THEN...</p> <p>21-15-9 ROW CALORIES</p> <p>25-15-5 SHUTTLE RUN</p> <p>THEN...</p> <p>10 X 50' FARMERS CARRY 53/35's</p> <p>THEN...</p> <p>21-15-9 ROW CALORIES</p> <p>25-15-5 SHUTTLE RUN</p> <p>WOMEN COMPLETE 15-12-9 CALORIES PER ROUND</p> <p><u>ACCESSORY MIDLINE:</u> 2 SETS, NOT FOR TIME: 15 AB-MAT SIT-UPS</p> <p>25 FLUTTER KICKS (4 COUNT)</p> <p>30 BANDED GOOD MORNINGS</p> <p>SUB GHD FOR ABMAT SITUPS</p>	<p><u>STRENGTH</u> EVERY 1:30 X 6 ROUNDS MINUTE 1 8 STRICT PRESS</p> <p>MINUTE 2 10 DB TRIPPOD ROW EACH ARM</p> <p>PROGRESSIVE ON THE STRICT PRESS</p> <p><u>METCON</u> 3 ROUNDS: 6 WALL WALKS</p> <p>10 DUMBBELL CLEAN AND JERKS RIGHT 50/35</p> <p>10 DUMBBELL CLEAN AND JERKS LEFT</p>	<p><u>STRENGTH</u> BENCH PRESS 5-5-5-5-5</p> <p>NEW SET EVERY 2:00</p> <p>75% ACROSS</p> <p><u>METCON</u> AMRAP X 15 12 DUAL DUMBBELL BURPEES 50's/35's</p> <p>200M RUN</p> <p>12 DUAL DB BOX STEP OVERS 50's/35's 24"/20"</p> <p>200M RUN</p>	<p><u>STRENGTH</u> EMOM 15 MINUTES #1 3 TOUCH AND GO POWER SNATCH #2 3 TOUCH AND GO POWER CLEAN + PUSH JERKS #3 3 THRUSTERS</p> <p>#4 REST CHANGE WEIGHTS</p> <p>#5 2 TOUCH AND GO POWER SNATCH #6 2 TOUCH AND GO POWER CLEAN + PUSH JERKS #7 2 THRUSTERS</p> <p>#8 REST CHANGE WEIGHTS</p> <p>#9 1 POWER SNATCH #10 1 CLEAN AND JERK #11 1 THRUSTER</p> <p>#12 REST CHANGE WEIGHTS</p> <p>#13 1 POWER SNATCH #14 1 CLEAN AND JERK #15 1 THRUSTER</p> <p>PROGRESSIVE THROUGH-OUT</p> <p><u>METCON</u> "TNT" FOR TIME: 30 SNATCHES 95/65</p> <p>30 CLEAN AND JERKS 95/65</p> <p>30 THRUSTERS 95/65</p>	<p><u>METCON</u> 5 ROUNDS FOR REPS: :45 BIKE CALORIES</p> <p>REST :30</p> <p>:45 ALTERNATING DUMBBELL SNATCH 50/35</p> <p>REST :30</p> <p>:45 SINGLE DUMBBELL ALTERNATING SINGLE DB LUNGE</p> <p>REST :30</p> <p>:45 AB-MAT SIT-UPS</p> <p>REST :30</p> <p>:45 RUSSIAN KETTLEBELL SWINGS 53/35</p> <p>Rx+: DB 70/50 KB 70/53</p> <p>REST :30</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> FRONT SQUATS 4 X 8 @65% NEW SET EVERY 2:30</p>