



PROGRAMMING MAY 1 - MAY 7, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>CONDITIONING</u></b>            CONDITIONING:            @ 0:00            RUN 1200M</p> <p>@ 8:00            RUN 800M</p> <p>@ 14:00            RUN 400M</p> <p>BUILD SPEED EACH            INTERVAL!</p> <p><b><u>STRENGTH</u></b>            4 ROUNDS            :30 MAX REP STRICT            PULL-UPS</p> <p>REST :30</p> <p>:30 MAX REP PUSH-UPS</p> <p>REST :30</p> <p>:30 MAX REP AIR SQUATS</p> <p>REST :30</p> <p>SCORE: TOTAL REPS</p>	<p><b><u>STRENGTH</u></b>            POWER CLEAN +            HANG POWER CLEAN +            PUSH JERK</p> <p>5 X COMPLEX</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p> <p><b><u>METCON</u></b>            3 ROUNDS            FOR TIME:            15 CLEAN AND JERKS            115/75</p> <p>30/21 CALORIE BIKE</p> <p>REST 2:00</p> <p>SCORE: TOTAL TIME            INCLUDING REST</p> <p>RX+ 135/95</p> <p><b><u>SUPPLEMENTAL            OPEN GYM            LIFTING</u></b>            SNATCH +            OH SQUAT</p> <p>10 X COMPLEX</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p>	<p><b><u>METCON</u></b>            EMOM x 20</p> <p>MINUTE 1            50FT SLED PUSH            115/70</p> <p>MINUTE 2            12 BURPEES</p> <p>MINUTE 3            50 DOUBLE UNDERS</p> <p>MINUTE 4            REST</p> <p><b><u>ACCESSORY</u></b>            MIDLINE FINISHER:            :30 FLUTTERKICKS</p> <p>1:00 FOREARM PLANK</p> <p>:30 FLUTTERKICKS</p> <p>1:00 FOREARM PLANK</p> <p>MOVE IMMEDIATELY FROM            ONE MOVEMENT TO THE            NEXT</p> <p>ALL DONE TOGETHER</p>	<p><b><u>STRENGTH</u></b>            FRONT SQUAT            5-5-5-5-5</p> <p>NEW SET EVERY 2:00</p> <p>APPROX. 75% ACROSS</p> <p><b><u>METCON</u></b>            4 ROUNDS            9 TTB</p> <p>15 DUMBBELL SNATCH            50/35</p> <p>21 WALL BALLS            20/14</p> <p>RX+:            DB 70/50            WALLBALL 30/20</p>	<p><b><u>METCON</u></b>            3 ROUNDS FT            15 BODYWEIGHT BENCH            PRESS</p> <p>20 SA ROWS            (LEFT ARM)</p> <p>20 SA ROWS            (RIGHT ARM)</p> <p>1,000M ROW</p> <p>DB: 50/35</p> <p><b><u>SUPPLEMENTAL            OPEN GYM            LIFTING</u></b>            SPLIT JERK            6 x 2</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE TO A            MODERATELY            HEAVYWEIGHT</p>	<p><b><u>METCON</u></b>            "SISSION"            AMRAP x 20            1 ROPE CLIMB</p> <p>5 BURPEES</p> <p>200M RUN</p> <p>Rx+:            20/10LBS VEST,            LEGLESS CLIMBS</p>	<p><b><u>METCON</u></b>            TABATA FIGHT GONE BAD            5 TABATAS IN 20MIN</p> <p>TABATA 1            CAL BIKE</p> <p>TABATA 2            BOX JUMP OVERS</p> <p>TABATA 3            CAL ROW</p> <p>TABATA 4            SUMO DEADLIFT HIGH            PULL            75/55</p> <p>TABATA 5            SLAM BALLS</p> <p>SCORE: TOTAL REPS/CALS</p> <p><b><u>SUPPLEMENTAL            OPEN GYM            LIFTING</u></b>            6 SETS:            3 DEADLIFTS @ 75-80%</p> <p>NEW SET EVERY 2:00            SAME WEIGHT ACROSS</p>