



PROGRAMMING MAY 15 - MAY 21, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> BACK SQUAT 3 x 5 75-80% ACROSS</p> <p>w/ STRICT WEIGHTED CHIN-UP 3 x 5</p> <p>NEW SET EVERY 1:30</p> <p><u>METCON</u> 5 ROUNDS FOR TIME: RUN 400M</p> <p>3 ROUNDS OF CINDY CINDY = 5 PULL-UPS 10 PUSH-UPS 15 AIR SQUATS</p> <p>Rx+: WEIGHT VEST</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> OVERHEAD SQUAT 2-2-2-2-2 NEW SET EVERY 1:30 PROGRESSIVE TO A MODERATE DOUBLE</p>	<p><u>METCON</u> AMRAP x 25 30 CALORIE ROW</p> <p>30 RUSSIAN SWINGS 53/35</p> <p>25 CALORIE ROW</p> <p>25 ALTERNATING SINGLE KB BOX STEP-UP 24/20" 53/35</p> <p>20 CALORIE ROW</p> <p>20 BURPEES</p> <p>15 CALORIE ROW</p> <p>15 WALLBALL 20/14</p> <p>10 CALORIE ROW</p> <p>100M FARMERS CARRY 53/35's</p> <p>Rx+ 30/20 WALLBALL 70's/53's KB'S 70/50 DB</p>	<p><u>METCON</u> EMOM x 10 5 PUSH PRESS</p> <p>ADD WEIGHT EVERY 2:00</p> <p>IMMEDIATELY INTO...</p> <p>EMOM x 5 1 PUSH PRESS</p> <p>ADD WEIGHT EVERY 1:00</p> <p>INTENDED STIMULUS: BUILD TO A HEAVY SET OF 5 REPS FOR 2 SETS. BUILD TO A HEAVY SINGLE ON-THE-MINUTE. HEAVY LOADS WITH SHORT REST BETWEEN SETS. FIRST WORKING SET SHOULD BE BETWEEN 60-70% OF 1-REP-MAX PUSH PRESS</p> <p><u>ACCESSORY</u> STRENGTH ACCESSORY: BULGARIAN SPLIT SQUAT 3 x 10/LEG</p> <p>NEW SET EVERY 2:00</p> <p>BOTH LEGS DONE WITHIN THE TWO MINUTES CHALLENGING LOADING ACROSS</p> <p>(HOLDING DUMBBELLS ON BOTH SIDES, OR MODIFY DOWN TO JUST BODY WEIGHT)</p>	<p><u>METCON</u> FOR TIME: 120 CALORIE ROW</p> <p>80 OVERHEAD SQUATS 95/65</p> <p>40 STRICT DIPS</p> <p>PARTITION AS NEEDED</p> <p>EXAMPLE: 10 ROUNDS FOR TIME: 12 CAL ROW 8 OVERHEAD SQUATS 4 HAND RELEASE PUSH- UPS/ STRICT DIPS</p> <p><u>ACCESSORY</u> ACCESSORY: SUPERSET 3 x 10 RING ROWS</p> <p>w/ 20 SINGLE LEG GLUTE BRIDGES (10 EACH SIDE)</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> 15 MINUTES EVERY MINUTE ON THE MINUTE SNATCH + HANG SNATCH</p> <p>PROGRESSIVE</p> <p>MAY USE A POWER OR FULL SQUAT VERSION OF COMPLEX DEPENDING ON YOUR SKILL LEVEL AND MOBILITY</p>	<p><u>STRENGTH</u> POWER CLEAN 3-3-3-3-3</p> <p>NEW SET EVERY 1:30</p> <p>TOUCH AND GO</p> <p>PROGRESSIVE</p> <p><u>METCON</u> AMRAP x 3 12/9 CALORIE BIKE</p> <p>9 POWER CLEANS 115/75</p> <p>REST 3:00</p> <p>AMRAP x 3 12/9 CALORIE BIKE</p> <p>7 POWER CLEANS 135/95</p> <p>REST 3:00</p> <p>AMRAP x 3 12/9 CALORIE BIKE</p> <p>5 POWER CLEANS 155/115</p>	<p><u>METCON</u> "MARATHON" 2 ROUNDS FOR TIME: 400M RUN 26 HAND RELEASE PUSH-UPS 400M RUN 26 KETTLEBELL SWINGS (53/35) 400M RUN 26 AB MAT SIT-UPS 400M RUN 26 DEADLIFTS (95/65) 400M RUN 26 AIR SQUATS 400M RUN 26 BOX JUMPS (24/20")</p> <p>WITH A RUNNING CLOCK, PERFORM 2 ROUNDS OF THE WORK IN THE ORDER WRITTEN AS FAST AS POSSIBLE</p> <p>THIS WORKOUT PRE-DATES THE 2013 BOSTON MARATHON BOMBING, BUT NOW SERVES AS A MEMORIAL FOR THE VICTIMS OF THE ATTACK, WHICH TOOK PLACE ON APRIL 15, 2013, DURING WHICH TERRORISTS PLANTED TWO HOMEMADE PRESSURE COOKER BOMBS, WHICH DETONATED 14 SECONDS AND 210 YARDS (190 M) APART AT 2:49 P.M., NEAR THE FINISH LINE OF THE RACE, KILLING 3 PEOPLE AND INJURING HUNDREDS OF OTHERS.</p>	<p><u>METCON</u> FOR TIME/ QUALITY 2 ROUNDS: 100M FRONT RACK CARRY (53/35's)</p> <p>200M SANDBAG CARRY (100/60 LBS)</p> <p>400M FARMERS CARRY (53/35's)</p> <p>IMMEDIATELY INTO...</p> <p>1600/1200M ROW</p> <p>Rx+: 70/44 LBS KETTLEBELLS</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> BENT OVER ROWS 4 x 12 REST 1-2 MINUTES BETWEEN</p> <p>DUMBBELL HAMMER CURLS 3 x 10 REST 1:30 BETWEEN SETS</p>