



## PROGRAMMING MAY 22 - MAY 28, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>METCON</u></b> 5 ROUNDS EVERY 4:00: 1 5/12 CALORIE BIKE</p> <p>30 AB MAT SIT-UPS Rx+: 20 GHD SIT-UPS</p> <p>(X) SHOULDER TO OVERHEAD</p> <p>ROUND #1- 10 REPS ROUND #2- 8 REPS ROUND #3- 6 REPS ROUND #4- 4 REPS ROUND #5- 2 REPS</p> <p>FROM THE FLOOR</p> <p>PROGRESSIVE</p> <p>SCORE SHOULDER TO OVERHEAD LOADING ON EACH ROUND</p> <p><b><u>ACCESSORY</u></b> FOR QUALITY: 3 SETS: 10 BARBELL BENT OVER ROWS (UNDERHAND GRIP)</p> <p>:30 PRISONER SUPERMAN HOLD</p>	<p><b><u>METCON</u></b> "HALF MURPH"</p> <p>FOR TIME: 800M RUN 50 PULL-UPS 100 PUSH-UPS 150 SQUATS 800M RUN</p> <p>PARTITION THE PULL-UPS, PUSH-UPS, AND SQUATS AS NEEDED. START AND FINISH WITH AN 800M RUN. IF YOU'VE GOT A TWENTY POUND VEST, WEAR IT</p>	<p><b><u>METCON</u></b> FROM 0:00-12:00: EVERY 2:00 PERFORM 3 DEADLIFTS</p> <p>PAUSE ON THE FLOOR NO TOUCH AND GO</p> <p>PROGRESSIVE TO A HEAVY 3 FOR THE DAY</p> <p>THEN....</p> <p>FROM 12:00-17:00: REST</p> <p>THEN....</p> <p>FROM 17:00-25:00: EMOM x 8 3 DEADLIFTS AT 70% OF 3-REP-MAX</p> <p>3 BOX JUMPS 30/24"</p> <p>- PERFORM BOTH MOVEMENTS WITHIN THE SAME MINUTE.</p> <p>FROM 25:00-30:00 REST</p> <p>THEN...</p> <p>400M FARMERS CARRY FOR QUALITY</p> <p>LOOKING FOR ATHLETES TO STAY UNBROKEN SO CHOOSE 2 KB'S THAT YOU CAN DO 400M UNBROKEN</p>	<p><b><u>STRENGTH</u></b> FRONT SQUAT 2-2-2-2</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE TO A MODERATE DOUBLE</p> <p>THEN...</p> <p>CLEAN SKILLS COMPLEX 5 x COMPLEX</p> <p>MUSCLE CLEAN+ FRONT SQUAT+ HANG SQUAT CLEAN</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE BUT STAY LIGHT AND USE FOR TECHNIQUE AND QUALITY</p> <p>THEN...</p> <p>EMOM x 15 CLEAN + HANG CLEAN</p> <p>PROGRESSIVE</p> <p>MAY USE A POWER OR FULL SQUAT VERSION OF COMPLEX DEPENDING ON YOUR SKILL LEVEL AND MOBILITY</p>	<p><b><u>METCON</u></b> 3 ROUNDS: 48 DOUBLE UNDERS</p> <p>12 KETTLEBELL SWINGS 53/35</p> <p>9 BAR MUSCLE-UPS</p> <p>REST 3:00</p> <p>3 ROUNDS: 48 DOUBLE UNDERS</p> <p>12 KETTLEBELL SWINGS</p> <p>12 CHEST TO BARS</p> <p>REST 3:00</p> <p>3 ROUNDS: 48 DOUBLE UNDERS</p> <p>12 KETTLEBELL SWINGS</p> <p>15 TOES TO BAR</p> <p>SCORE: TOTAL TIME</p>	<p><b><u>METCON</u></b> "MURPH" FOR TIME: 1 MILE RUN 100 PULL-UPS 200 PUSH-UPS 300 SQUATS 1 MILE RUN</p> <p>IN MEMORY OF NAVY LIEUTENANT MICHAEL MURPHY, 29, OF PATCHOGUE, N.Y., WHO WAS KILLED IN AFGHANISTAN JUNE 28TH, 2005</p> <p>THIS WORKOUT WAS ONE OF MIKE'S FAVORITES AND HE'D NAMED IT "BODY ARMOR". FROM HERE ON IT WILL BE REFERRED TO AS "MURPH" IN HONOR OF THE FOCUSED WARRIOR AND GREAT AMERICAN WHO WANTED NOTHING MORE IN LIFE THAN TO SERVE THIS GREAT COUNTRY AND THE BEAUTIFUL PEOPLE WHO MAKE IT WHAT IT IS</p> <p>PARTITION THE PULL-UPS, PUSH-UPS, AND SQUATS AS NEEDED. START AND FINISH WITH A MILE RUN. IF YOU'VE GOT A TWENTY POUND VEST OR BODY ARMOR, WEAR IT</p>	<p><b><u>METCON</u></b> AMRAP x 20 100FT SLED DRAG FORWARD 90/70</p> <p>100FT SLED DRAG BACKWARD</p> <p>10 ALTERNATING DUMBBELL SNATCHES</p> <p>5 WALL CLIMBS</p> <p><b><u>SUPPLEMENTAL</u></b> <b><u>OPEN GYM</u></b> <b><u>LIFTING</u></b> SUMO DEADLIFT 6 x 3 NEW SET EVERY 1:30</p>