



PROGRAMMING MAY 29 - JUNE 4, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>METCON MEMORIAL DAY NO CLASSES</p>	<p>STRENGTH SUMO DEADLIFT 3-3-3-3-3</p> <p>NEW SET EVERY 2:00 APPROX 75% ACROSS</p> <p>METCON 3 ROUNDS FOR TIME: 21/18 CALORIE ROW</p> <p>15 DEADLIFT 185/125</p> <p>9 BAR/RING MUSCLE- UPS</p> <p>42 DOUBLE UNDERS</p> <p>RX+: DEADLIFT 275/185</p>	<p>METCON FROM 0:00-10:00 EMOM 1 POWER SNATCH</p> <p>PROGRESSIVE</p> <p>FROM 10:00-15:00 400M FARMERS CARRY</p> <p>FROM 15:00-25:00 EMOM 1 POWER CLEAN</p> <p>PROGRESSIVE</p> <p>FROM 25:00-30:00 400M FARMERS CARRY (HEAVIER THAN FIRST FARMER CARRY)</p>	<p>STRENGTH BACK SQUAT 7 x 3 @65-70%</p> <p>NEW SET EVERY 1:30 LOOKING FOR SPEED REPS HERE</p> <p>METCON 4 ROUNDS: 5:00 ON/ 2:00 OFF 400M RUN</p> <p>10 SANDBAG CLEANS 100/75</p> <p>MAX ALT. LUNGES 50's/35's</p> <p>RX+: 150/100 SANDBAG 70's/50's</p> <p>SUPPLEMENTAL OPEN GYM LIFTING CLEAN PULL + HIGH HANG CLEAN + HANG CLEAN 6 X COMPLEX NEW SET EVERY 2:30 PROGRESSIVE</p>	<p>SKILL ROPE CLIMB FOOTHOLDS + HANDSTAND PUSH-UP PROGRESSIONS</p> <p>METCON AMRAP X 15 2 ROPE CLIMBS</p> <p>4 HANDSTAND PUSH-UPS</p> <p>8 BOX JUMPS 30/24"</p> <p>RX+: STRICT HSPU</p>	<p>STRENGTH STRICT PRESS 3-3-3-3-3</p> <p>NEW SET EVERY 1:30 PROGRESSIVE</p> <p>METCON "AIR FORCE" FOR TIME: 20 THRUSTERS 95/65</p> <p>20 SUMO DEADLIFT HIGH-PULLS</p> <p>20 PUSH JERKS</p> <p>20 OVERHEAD SQUATS</p> <p>20 FRONT SQUATS</p> <p>*4 BURPEES AT THE TOP OF EACH MINUTE</p> <p>WITH A RUNNING CLOCK, PERFORM THE PRESCRIBED WORK IN THE ORDER WRITTEN AS FAST AS POSSIBLE ("FOR TIME"). DO 4 BURPEES EVERY MINUTE, INCLUDING AT THE START OF THE WOD, BEFORE CONTINUING THE BARBELL WORK. ATHLETES MAY MOVE TO THE NEXT BARBELL SKILL ONCE THEY COMPLETE ALL 20 REPS OF THE PREVIOUS BARBELL MOVEMENT. IF THE MINUTE CLOCK BEEPS DURING A REPETITION THE ATHLETE WILL COMPLETE THEIR REP AND THEN START THEIR 4 BURPEES. SCORE IS THE TIME ON THE CLOCK WHEN THE LAST FRONT SQUAT IS COMPLETED.</p>	<p>METCON PARTNER WOD SHARE REPS AS DESIRED</p> <p>5 ROUNDS FOR TIME: 40/30 CALORIE BIKE</p> <p>500FT* SLED BACKWARD DRAG W/STRAPS 135/90</p> <p>*10 X DOWN AND BACK ON RIG</p> <p>30 PUSH-UPS</p> <p>20 STRICT CHIN-UPS</p> <p>SUPPLEMENTAL OPEN GYM LIFTING SNATCH PULL + HIGH HANG SNATCH 7 X COMPLEX NO MORE THAN 70% NEW SET EVERY 1:30</p>

