



PROGRAMMING MAY 8 - MAY 14, 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--|--|---|
| <p><u>STRENGTH</u> SUMO DEADLIFT 5-5-5-5-5</p> <p>NEW SET EVERY 2:00</p> <p>NO TOUCH AND GO APROX. 75% ACROSS</p> <p><u>METCON</u> FOR TIME: 30 HANG POWER CLEANS 65/65</p> <p>40 DEADLIFTS</p> <p>500/400M ROW</p> <p>SPRINT WORKOUT STIMULUS</p> <p>HANG POWER CLEANS AND DEADLIFTS SHOULD BE DONE 1-3 SETS</p> <p>SEE IF YOU CAN GO SUB 10 MINUTES!</p> <p>Rx+: 115/75</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> 6 SETS: 3 CLEANS + 2 FRONT SQUAT + 1 JERK</p> <p>NEW SET EVERY 2:30</p> <p>MUST BE UNBROKEN</p> | <p><u>CONDITIONING</u></p> <p>@0:00 RUN 800M</p> <p>@5:00 RUN 600M</p> <p>@9:00 RUN 400M</p> <p>@12:00 RUN 600M</p> <p>@16:00 RUN 400M</p> <p>@19:00 RUN 200M</p> <p><u>METCON</u> EMOM x 15 MINUTE 1 5 STRICT WEIGHTED CHIN UPS</p> <p>MINUTE 2 10 TEMPO PUSH-UPS</p> <p>MINUTE 3 15 GOBLET SQUATS</p> | <p><u>METCON</u> AMRAP x 25 200M FARMERS CARRY 53/35'S</p> <p>200FT SANDBAG BEAR HUG CARRY 100/75</p> <p>10 SANDBAG CLEANS</p> <p>5 SANDBAG OVER THE SHOULDER</p> <p>Rx+: 70/53'S KETTLEBELLS 150/100LBS SANDBAG</p> <p><u>ACCESSORY</u> BODY ARMOUR: 3 SETS: 40 BANDED TRICEP PUSH-DOWNS</p> <p>40 BANDED FACE PULLS</p> <p>40 BANDED CURLS</p> <p>REST 1-2 MINUTES BETWEEN SETS</p> | <p><u>METCON</u> 3 ROUNDS: ALTERNATING EVERY 2:00</p> <p>#1: 20 DUAL DUMBBELL FRONT RACK LUNGE 50/35</p> <p>#2: 25 TTB</p> <p>#3: 20 BURPEES</p> <p>#4: 3/2 ROPE CLIMBS</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> BACK SQUATS: 5 REPS @ 75% 3 REPS @ 80% 1 REP @ 85% 5 REPS @ 77.5% 3 REPS @ 82.5% 1 REP @ 87.5%</p> | <p><u>STRENGTH</u> POWER SNATCH 3-3-3-3-3</p> <p>NEW SET EVERY 1:30</p> <p>TOUCH AND GO PROGRESSIVE</p> <p><u>METCON</u> 4 ROUNDS FOR TIME: 20 ALTERNATING DUMBBELL SNATCH 50/35</p> <p>15/12 CALORIE BIKE</p> <p>10 BOX JUMP OVERS 24/20"</p> <p>Rx+: 70/45 DUMBBELL 30/24" BOX</p> | <p><u>METCON</u> "HILDY" HERO FOR TIME: 100/80 CALORIE ROW</p> <p>75 THRUSTERS 45/35</p> <p>50 PULL-UPS</p> <p>75 WALLBALLS 20/14</p> <p>100/80 CALORIE ROW</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> STRICT PRESS 2 x 6 2 x 4 2 x 2</p> <p>NEW SET EVERY 2:00 PROGRESSIVE</p> | <p><u>SKILL</u> EMOM x 8 :30 CROSSOVER SINGLES</p> <p>REST THE REMAINDER OF EACH MINUTE</p> <p>MAY USE THIS AS WELL TO TRAIN DOUBLE UNDERS IF YOU HAVEN'T BECOME EFFICIENT WITH THAT SKILL AS WELL!</p> <p><u>METCON</u> AMRAP 12 4 LEFT-ARM DUMBBELL TURKISH GET-UPS (35/20)</p> <p>4 RIGHT-ARM DUMBBELL TURKISH GET-UPS</p> <p>40' WALKING LUNGE W/ SINGLE DUMBBELL</p> <p><u>ACCESSORY</u> BODY ARMOUR: 3 SETS: 12 PLANK KETTLEBELL PULL THROUGHS</p> <p>12 WEIGHTED V-UPS</p> <p>12 RING ROWS ELEVATED IF YOU CAN</p> <p>REST 1-2 MINUTES BETWEEN SETS</p> |