



PROGRAMMING JULY 17 - JULY 23, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> 10 MIN BACK SQUAT BUILD TO A HEAVY 10</p> <p><u>METCON</u> FOR TIME: 1000M RUN</p> <p>100 WALLBALL</p> <p>100 BURPEES</p> <p>PARTITION HOWEVER</p> <p>CHALLENGE: WALLBALL 30/20</p> <p>PERFORMANCE: WALLBALL 20/14</p> <p>FITNESS: WALLBALLS 14/10</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> STRICT PRESS 10-8-5-3-1</p> <p>EVERY 2:00</p>	<p><u>METCON</u> 5 ROUNDS 20 DB BENCH PRESS</p> <p>20 DB BENT OVER ROWS (10 L & 10 R)</p> <p>30 V-UPS</p> <p>CHALLENGE: DB'S 70'S/50'S 20 GHD</p> <p>PERFORMANCE: DB'S 50'S/35'S V-UPS</p> <p>FITNESS: DB'S 35'S/20'S AB-MAT SIT-UPS</p>	<p><u>STRENGTH</u> WEIGHTED PULL-UP 3-2-2-1-1-1-1</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p> <p>*IF UNDER 3 STRICT PULL-UPS PERFORM 5 BANDED STRICT PER ROUND</p> <p><u>METCON</u> 5 ROUNDS FOR TIME: 30 DOUBLE UNDERS</p> <p>9 SHOULDER TO OVERHEAD</p> <p>30 DOUBLE UNDERS</p> <p>9 PULL-UP</p> <p>CHALLENGE: BARBELL 155/115 CHEST TO BAR PULL UP</p> <p>PERFORMANCE: BARBELL 135/95 PULL-UP</p> <p>FITNESS: 60 SINGLES BARBELL 95/65 PULL-UP (CAN BE ASSISTED) TOES TO TARGET</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> DEADLIFT + HANG SQUAT CLEAN + FRONT SQUAT 7 x 1 EVERY 2:00</p>	<p><u>METCON</u> "NANCY W/ A TWIST" 5 ROUNDS FOR TIME: 400M RUN</p> <p>15 OVERHEAD SQUATS</p> <p>INCREASE WEIGHT EACH ROUND</p> <p>2 SEPARATE SCORES TIME & LOADING</p> <p><u>ACCESSORY</u> 3 SETS: 20 BANDED SIDE-STEPS (MOVING RIGHT)</p> <p>20 BANDED GOOD MORNINGS</p> <p>20 BANDED SIDE-STEPS (MOVING LEFT)</p> <p>10 SINGLE-LEG GLUTE BRIDGES/LEG</p>	<p><u>STRENGTH</u> SUMO DEADLIFT 3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>75% ACROSS</p> <p>NO TOUCH AND GO</p> <p><u>METCON</u> FOR TIME: 15-12-9 DEADLIFT BURPEE</p> <p>REST 3:00</p> <p>12-9-6 HANG POWER CLEAN LATERAL BURPEE OVER BAR</p> <p>REST 3:00</p> <p>9-6-3 POWER CLEAN BAR FACING BURPEE</p> <p>*SCORE TOTAL TIME INCLUDING REST</p> <p>CHALLENGE: BARBELL 185/125</p> <p>PERFORMANCE: BARBELL 135/95</p> <p>FITNESS: BARBELL 95/65</p>	<p><u>METCON</u> 10 MIN TO COMPLETE 800M RUN</p> <p>IN REMAINDER OF TIME FIND A HEAVY SQUAT OR POWER SNATCH</p> <p>-REST 2 MIN-</p> <p>FOR TIME: 8 POWER SNATCHES</p> <p>800M RUN -7 MIN TIME CAP-</p> <p>CHALLENGE: BARBELL 135/95</p> <p>PERFORMANCE: BARBELL 115/75</p> <p>FITNESS: BARBELL 95/65</p> <p><u>ACCESSORY</u> UNBROKEN 400M FARMERS CARRY</p> <p>CHOOSE CORRECT LOADING THAT YOU WILL GO UNBROKEN</p> <p>TRY HEAVIER THAN LAST TIME</p>	<p><u>METCON</u> FOR TIME: 3,000M ROW</p> <p>10 MAN MAKERS</p> <p>2,000M ROW</p> <p>10 MAN MAKERS</p> <p>1,000M ROW</p> <p>10 MAN MAKERS</p> <p>TIME GAP: 30 MIN</p> <p>MAN MAKER: ROW (R) PUSH-UP ROW (L) PUSH-UP SQUAT CLEAN THRUSTER</p> <p>CHALLENGE: 50'S/35'S</p> <p>PERFORMANCE: 35'S/25'S</p> <p>FITNESS: 25'S/20'S</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> BENCH PRESS 5 x 2 PAUSE BENCH PRESS @ 75%</p> <p>2-3S PAUSE AT THE BOTTOM</p>