



PROGRAMMING JULY 31 - AUGUST 6, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>STRENGTH FRONT SQUAT 5 x 5 75% ACROSS NEW SET EVERY 2:00</p> <p>METCON 3 ROUNDS FOR TIME: 10 FRONT SQUATS 20 CHEST TO BAR PULL-UPS 400M RUN CHALLENGE: BARBELL 185/125 PERFORMANCE: BARBELL 135/95 PULL-UPS FITNESS: BARBELL 95/65 SEATED RING PULL-UPS</p>	<p>METCON 4 ROUNDS FOR TOTAL REPS: 2 MINUTES BIKE CALORIES 2 MINUTES MAX "X" REPS 2 MINUTE REST CHALLENGE: ROUND 1: POWER SNATCH 115/75 ROUND 2: BOX JUMP OVERS 24"/20" ROUND 3: STRICT HANDSTAND PUSH-UPS ROUND 4: ROW CALORIES PERFORMANCE: ROUND 1: POWER SNATCH 95/65 ROUND 2: BOX JUMP OVERS 24/20" ROUND 3: KIPPING HANDSTAND PUSH-UPS ROUND 4: ROW CALORIES FITNESS: ROUND 1: POWER SNATCH 75/55 ROUND 2: BOX JUMP OVERS 24/20" ROUND 3: HAND RELEASE PUSH-UPS, KICK UPS, OR NEGATIVES ROUND 4: ROW CALORIES *SCORE IS TOTAL NUMBER OF REPETITIONS + BIKE CALORIES ACCUMULATED, SUM TOTALED.</p>	<p>STRENGTH STRICT PRESS 3 x 10 NEW SET EVERY 2:00 PROGRESSIVE TO A HEAVY 10 METCON 6 ROUNDS FOR TIME: 8 DUMBBELL PUSH JERKS 100FT WALKING LUNGE 50M DUMBBELL FARMERS CARRY CHALLENGE: DB'S: 60'S/40'S KB'S: 70'S/53'S PERFORMANCE: DB'S 50'S/35'S KB'S: 53'S/35'S FITNESS: DB'S 35'S/20'S KB'S: 35'S/20'S SUPPLEMENTAL OPEN GYM LIFTING OVERHEAD SQUAT 5 x 4 FIRST 2 ARE PAUSE SQUATS 3 SEC AT THE BOTTOM AND THEN THE LAST TWO ARE FAST</p>	<p>SKILL RING DIP METCON 3 ROUNDS FOR TIME: 30 KBS 15 RING DIPS 3 ROPE CLIMBS REST 3:00 CHALLENGE: 70/53 KB STRICT RING-DIPS LEGLESS ROPE CLIMBS PERFORMANCE: 53/44 KB KIPPING RING DIPS FITNESS: 44/35 KB BANDED PULL-UPS/ RING PULL-UPS BANDED RING DIPS ROPE GET-UP</p>	<p>STRENGTH DEADLIFT 3-3-3-3-3 NEW SET EVERY 2:00 75% ACROSS NO TOUCH AND GO METCON FOR TIME: 10-9-8-7-6-5-4-3-2-1 HANG POWER CLEAN TOE TO BAR IMMEDIATELY INTO.... 1000/800M ROW CHALLENGE: BARBELL 145/115 PERFORMANCE: BARBELL 115/95 FITNESS: BARBELL 95/65 TOES TO TARGET</p>	<p>METCON HERO WDO "ZEMBIEC" 5 ROUND FOR TIME OF: 11 BACK SQUATS 185/135 7 STRICT BURPEE PULL-UPS 400M RUN CHALLENGE & PERFORMANCE BARBELL: 185/115 FITNESS BARBELL: 115/75 7 BURPEES + 7 BANDED STRICT PULL-UPS/RING PULL-UPS WEIGHT IS TAKEN FROM THE GROUND IN YOUR SPOT (VIA CLEAN AND PUSH PRESS TRANSFER TO BACK DURING EACH BURPEE PULL-UP PERFORM A STRICT PUSH-UP, JUMP TO A BAR AND PERFORM A STRICT PULL-UP U.S. MARINE CORPS MAJ. DOUGLAS A. ZEMBIEC, 34, OF ALBUQUERQUE, NEW MEXICO, ASSIGNED TO HEADQUARTERS BATTALION, MARINE CORPS NATIONAL CAPITAL REGION, HENDERSON HALL, BASED IN ARLINGTON, VIRGINIA, WAS KILLED DURING A FIREFIGHT ON MAY 11, 2007, IN BAGHDAD, IRAQ. HE IS SURVIVED BY HIS WIFE, PAMELA; DAUGHTER, FALLYN; PARENTS, DONALD AND JO ANN; AND BROTHER, JOHN.</p>	<p>METCON AMRAP x 30 50 DOUBLE UNDERS 40 AB-MAT SIT UPS 30 SLAM BALLS 20 SINGLE DB BOX STEP-UPS 10 KB SWINGS CHALLENGE 50 CROSSOVERS SLAM BALL: 30/20 DB: 70/50 KB: 70/53 PERFORMANCE SLAM BALL: 30/20 DB: 50/35 KB: 53/35 FITNESS 100 SINGLES SLAMBALL: 20/10 DB: 35/20 KB: 35/25</p>