



PROGRAMMING AUGUST 14 - AUGUST 20, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>STRENGTH ALTERNATING BACK RACK REVERSE LUNGE 10-10-10-10-10</p> <p>NEW SET EVERY 2:00 PROGRESSIVE (5R/5L)</p> <p>METCON FOR TIME: 60/45 CALORIE ROW</p> <p>30 SANDBAG SQUATS 15 RIGHT SHOULDER/ 15 LEFT SHOULDER</p> <p>40/32 CALORIE ROW</p> <p>20 SANDBAG SQUATS 10 RIGHT SHOULDER/ 10 LEFT SHOULDER</p> <p>CHALLENGE: 150/100LB SANDBAG</p> <p>PERFORMANCE: 100/75LB SANDBAG</p> <p>FITNESS: 75LB SANDBAG/ 60LB D-BALL</p> <p>SUPPLEMENTAL OPEN GYM LIFTING BARBELL GLUTE BRIDGE 5 x 8 @ A HEAVY WEIGHT</p>	<p>METCON AMRAP x 25 200M RUN</p> <p>20 AB MAT SIT-UPS</p> <p>20 BURPEES</p> <p>20 RUSSIAN SWINGS</p> <p>20 DUMBBELL SHOULDER TO OVERHEAD</p> <p>CHALLENGE: 10 GHD KB 70/53 DB'S 50/35'S</p> <p>PERFORMANCE: KB 53/35 DB'S 35/20'S</p> <p>PERFORMANCE: KB 35/25 DB'S 25'S/15'S</p>	<p>STRENGTH BENCH PRESS 5-5-5-5-5</p> <p>NEW SET EVERY 2:00</p> <p>75% ACROSS</p> <p>METCON AS MANY REPS AS POSSIBLE IN 4 MINUTES: 15 BOX JUMP OVERS</p> <p>3 ROPE CLIMBS</p> <p>MAX CALORIE BIKE W/ REMAINING TIME</p> <p>REST 4:00</p> <p>AS MANY REPS AS POSSIBLE IN 4 MINUTES: 21 BOX JUMP OVERS</p> <p>2 ROPE CLIMBS</p> <p>MAX CALORIE BIKE W/ REMAINING TIME</p> <p>REST 4:00</p> <p>AS MANY REPS AS POSSIBLE IN 4 MINUTES: 27 BOX JUMP OVERS</p> <p>1 ROPE CLIMB</p> <p>MAX CALORIE BIKE W/ REMAINING TIME</p> <p>*SCORE TOTAL BIKE CALORIES</p> <p>CHALLENGE: BOX 24/20 LEGLESS ROPE CLIMBS</p> <p>PERFORMANCE: BOX 24/20</p> <p>FITNESS: BOX 24/20</p> <p>ROPE GET-UPS OR HALF/CLIMBS</p>	<p>METCON 10 ROUNDS FOR TIME: 15/12 CALORIE ROW</p> <p>15 WALLBALL</p> <p>REST 1 MINUTE BETWEEN ROUNDS</p> <p>CHALLENGE: WALLBALL 30/20</p> <p>PERFORMANCE: WALLBALL 20/14</p> <p>FITNESS: WALLBALL 14/10</p> <p>SUPPLEMENTAL OPEN GYM LIFTING TEMPO PUSH JERK 5 x 3 3S PAUSE IN THE DIP EVERY 2:00 @75%</p>	<p>STRENGTH SUMO DEADLIFT 5 x 10 SECOND STATIC HOLD + 10 TOUCH AND GO REPS</p> <p>STATIC HOLD @ MID SHIN APPROX. 2" OFF FLOOR</p> <p>FOLLOWING THE HOLD IMMEDIATELY PROCEED INTO 10 EXPLOSIVE SUMO DEADLIFT REPS</p> <p>NEW SET EVERY 1:30</p> <p>METCON AMRAP x 15 20 SINGLE DB BOX STEP OVERS</p> <p>1 ROUND OF DUMBBELL "DT"</p> <p>100M KETTLEBELL FARMER CARRY</p> <p>1 ROUND DUMBBELL DT</p> <p>DUMBBELL "DT" = 12 DEADLIFTS, 9 HANG POWER CLEANS, 6 SHOULDER TO OVERHEAD</p> <p>CHALLENGE: DB'S 70'S/50'S KB'S 70'S/53'S</p> <p>PERFORMANCE: DB'S 50'S/35'S KB'S 53'S/35'S</p> <p>FITNESS: DB'S 35'S/20'S KB'S 35'S/25'S</p>	<p>METCON "BARBED WIRE" 4 ROUNDS FOR TIME: 400M RUN</p> <p>20 PULL-UPS</p> <p>30 PUSH-UPS</p> <p>40 AB MAT SIT-UPS</p> <p>50 AIR SQUATS</p> <p>A VARIATION OF THE CROSSFIT BENCHMARK "BARBARA."</p> <p>WEAR A WEIGHT VEST IF YOU HAVE ONE</p> <p>SUPPLEMENTAL OPEN GYM LIFTING FRONT SQUAT 5 x 2 @ 75% EVERY 1:30</p>	<p>METCON ROWING INTERVALS: ON A 25:00 CLOCK 5 ROUNDS :50 ON/:10 OFF :40 ON/:20 OFF :30 ON/:30 OFF :20 ON/:40 OFF :10 ON/:50 OFF SCORE TOTAL CALORIES ROWED</p> <p>USE INTERVALS VARIABLE FEATURE TO PLUG INTO THE ROWER</p> <p>ACCESSORY 3 SETS FOR QUALITY: :20 SECONDS L-HANG</p> <p>:30 SECONDS HIP EXTENSION HOLD</p> <p>:40 SECOND TEMPO BACK SQUAT 45/35</p> <p>*TEMPO: 10 SECONDS DOWN, 20 SECONDS BOTTOM, 10 SECONDS UP</p>