



PROGRAMMING AUGUST 28 - SEPT 3, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>STRENGTH</b> OVERHEAD SQUAT 10 MINUTES</p> <p>BUILD TO MODERATE HEAVY 5</p> <p><b>METCON</b> FOR TIME: 25 OVERHEAD SQUATS</p> <p>100 DOUBLE UNDERS</p> <p>50/40 CALORIE ROW REST 2:00</p> <p>50/40 CALORIE ROW</p> <p>100 DOUBLE UNDERS</p> <p>25 OVERHEAD SQUATS</p> <p>CHALLENGE: 115/75</p> <p>PERFORMANCE: 95/65</p> <p>FITNESS: 75/55</p> <p>OR EMPTY BARBELL 150 SINGLE UNDERS</p>	<p><b>METCON</b> 7 ROUNDS EVERY 3:00 400M RUN</p> <p>12 TOES TO BAR</p> <p>SCORE EACH ROUND</p> <p>SCORE IS SLOWEST ROUND</p> <p>CHALLENGE: 12 TTb</p> <p>PERFORMANCE: 9 TTb</p> <p>FITNESS: 9 KNEES TO CHEST</p> <p><b>ACCESSORY</b> CORE ACCESSORIES 6 ROUNDS :20 ON / :10 OFF</p> <p>#1 HOLLOW HOLD</p> <p>#2 V-UPS</p> <p>#3 HEEL TOUCHES</p> <p>#4 REST</p> <p><b>SUPPLEMENTAL</b> <b>OPEN GYM</b> <b>LIFTING</b> DEADLIFT W/ 5s LOWER 5 x 3</p> <p>EVERY 2:00</p>	<p><b>STRENGTH</b> BENCH PRESS 9 x 3</p> <p>NEW SET EVERY 1:00</p> <p>65% ACROSS</p> <p>3 CLOSE GRIP 3 MEDIUM GRIP 3 WIDE GRIP</p> <p>FAST EXPLOSIVE REPS</p> <p><b>METCON</b> 5 ROUNDS FOR REPS :30 BIKE CALORIES</p> <p>REST :30</p> <p>:30 HANG CLEAN AND JERKS RIGHT SIDE</p> <p>REST :30</p> <p>:30 SINGLE DB ALT. BOX STEP-UPS</p> <p>REST :30</p> <p>:30 HANG CLEAN AND JERKS LEFT SIDE</p> <p>REST :30</p> <p>CHALLENGE: DB 70/50 BOX 24/20</p> <p>PERFORMANCE: DB 50/35 BOX 24/20</p> <p>FITNESS: DB 35/20 BOX 24/20</p>	<p><b>METCON</b> FOR TIME: 800M ROW</p> <p>THEN..</p> <p>2 ROUNDS 8 DB BURPEES</p> <p>200M FARMERS CARRY</p> <p>8 DB RENEGADE ROWS</p> <p>200M FARMERS CARRY</p> <p>THEN.. 800M ROW</p> <p>CHALLENGE: KB'S 70'S/53'S DB'S 70'S/50'S</p> <p>PERFORMANCE: KB'S 53'S/35'S DB'S 50'S/35'S</p> <p>FITNESS: KB'S 43'S/25'S DB'S 40'S/25'S</p>	<p><b>STRENGTH</b> 5 x COMPLEX 3 DEADLIFTS 2 HANG POWER CLEANS 1 PUSH JERK</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p><b>METCON</b> FOR TIME: 60 DEADLIFTS</p> <p>45 HANG POWER CLEANS</p> <p>30 PUSH JERKS</p> <p>CHALLENGE: 155/105</p> <p>PERFORMANCE: 135/95</p> <p>FITNESS: 95/65</p> <p><b>SUPPLEMENTAL</b> <b>OPEN GYM</b> <b>LIFTING</b> STRICT PRESS EMOM x 10 2 REPS :3s LOWER</p>	<p><b>METCON</b> HERO WOD "DENIS GERMAIN" FOR TIME 20 POWER SNATCHES 135/95</p> <p>20 DOUBLE UNDERS</p> <p>200M RUN</p> <p>15 POWER SNATCHES</p> <p>40 DOUBLE UNDERS</p> <p>200M RUN</p> <p>10 POWER SNATCHES</p> <p>60 DOUBLE UNDERS</p> <p>200M RUN</p> <p>5 POWER SNATCHES</p> <p>80 DOUBLE UNDERS</p> <p>200M RUN</p> <p>THIS FIREFIGHTER HERO WOD IS DEDICATED TO DENIS GERMAIN, FDNY, LADDER 2, WHO WAS KILLED ON SEPTEMBER 11, 2001. LADDER CO. 2 LOST 10 FIREFIGHTERS THAT TERRIBLE TUESDAY. GERMAIN LIVED IN TUXEDO AND SERVED THE FDNY FOR SEVEN YEARS, RECEIVING THREE CITATIONS FOR BRAVERY DURING HIS TIME WITH LADDER 2. HE WENT MISSING THE MORNING OF SEPTEMBER 11 AND WASN'T RECOVERED UNTIL APRIL 9, 2002. AFTER HIS BODY WAS RECOVERED, MORE THAN 500 PEOPLE PAID TRIBUTE TO GERMAIN DURING A SPECIAL SERVICE AT ST. JOAN OF ARC CHURCH IN SLODTSBURG.</p>	<p><b>STRENGTH</b> "TABATA THIS!"</p> <p>TABATA BIKE</p> <p>REST 1 MINUTE</p> <p>TABATA SQUAT</p> <p>REST 1 MINUTE</p> <p>TABATA PULL-UP</p> <p>REST 1 MINUTE</p> <p>TABATA PUSH-UP</p> <p>REST 1 MINUTE</p> <p>TABATA SIT-UP</p> <p>THE TABATA INTERVAL IS 20 SECONDS OF WORK FOLLOWED BY 10 SECONDS OF REST FOR 8 INTERVALS</p> <p>TABATA SCORE IS THE LEAST NUMBER OF REPS PERFORMED IN ANY OF THE EIGHT INTERVALS. UNIT FOR THE BIKE IS "CALORIES"</p> <p><b>SUPPLEMENTAL</b> <b>OPEN GYM</b> <b>LIFTING</b> FRONT SQUAT 4 x 6 @ 60-70%</p> <p>NEW SET EVERY 2:00</p>