



## PROGRAMMING SEPT. 11 - SEPT 17, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p style="text-align: center;"><u><b>STRENGTH</b></u> SUMO DEADLIFT 9 x 3</p> <p>NEW SET EVERY 1:00</p> <p style="text-align: center;">65% ACROSS</p> <p>NO TOUCH AND GO</p> <p style="text-align: center;"><u><b>METCON</b></u> 9/11 TRIBUTE "343" FOR TIME: 100 DEADLIFTS 135/95</p> <p>100 POWER CLEANS 95/65</p> <p>100 GROUND-TO-OVERHEAD 65/45</p> <p style="text-align: center;">43 BURPEES</p> <p>343" IS A HERO WOD CREATED AND DEDICATED TO HONOR THE 343 FDNY FIREFIGHTERS WHO LOST THEIR LIVES ON 9/11/2001 IN THE TERRORIST ATTACKS ON NEW YORK CITY.</p> <p>YOU CAN MAKE THIS A PARTNER WOD IF YOU WANT! YOU GO I GO STYLE</p>	<p style="text-align: center;"><u><b>STRENGTH</b></u> 4 ROUNDS FOR REPS: 1:00 ROW FOR CALORIES</p> <p style="text-align: center;">:30 REST</p> <p>1:00 BIKE FOR CALORIES</p> <p style="text-align: center;">:30 REST</p> <p>1:00 200M RUN</p> <p style="text-align: center;">:30 REST</p> <p>1:00 REST</p> <p style="text-align: center;">:30 REST</p> <p style="text-align: center;"><u><b>ACCESSORY</b></u> 3 SUPERSETS DUMBBELL FRONT FOOT ELEVATED SPLIT SQUAT X 10R/10L</p> <p>GHD HIP EXTENSION X 20</p> <p style="text-align: center;"><u><b>SUPPLEMENTAL OPEN GYM LIFTING</b></u> PUSH PRESS 2-2-2-2 NEW SET EVERY 1:30 PROGRESSIVE</p>	<p style="text-align: center;"><u><b>METCON</b></u> BENCH PRESS 7 x 1 NEW SET EVERY 1:30</p> <p>PROGRESSIVE TO A HEAVY SINGLE</p> <p style="text-align: center;"><u><b>METCON</b></u> 3 ROUNDS FOR TIME: 15 BURPEES-TO-TARGET</p> <p>25 DOUBLE UNDERS</p> <p>15 BURPEES-TO-TARGET</p> <p>25 CROSSOVERS</p> <p>CHALLENGE: WEIGHT VEST</p> <p>PERFORMANCE: 50 SINGLES 25 DOUBLE UNDER</p> <p>FITNESS: 10 BURPEES 50 SINGLE-UNDERS 10 BURPEES 50 SINGLE UNDERS</p> <p style="text-align: center;"><u><b>ACCESSORY</b></u> REAR DELT FLYS INTO SERRANO PRESS</p> <p>SUPERSET 4X20</p> <p style="text-align: center;">THUMBS IN</p>	<p style="text-align: center;"><u><b>METCON</b></u> AMRAP X 30 PARTNER WOD</p> <p>PARTNER 1 12 KB GOBLET LUNGES LUNGES</p> <p>8 SANDBAG OVER THE SHOULDER</p> <p>PARTNER 2 200FT (50FT SLED PUSH DOWN) (50FT ROPE HAND OVER HAND BACK) X2</p> <p>CHALLENGE: KB 70/53 SLED 135/90</p> <p>PERFORMANCE: KB 53/35 SLED 115/70</p> <p>FITNESS: KB 43/25 SLED 90/65</p> <p style="text-align: center;"><u><b>ACCESSORY</b></u> 4 x SUPERSETS SINGLE ARM UNDERHAND DUMBBELL ROW X 12</p> <p>DUMBBELL HAMMER CURLS X 16</p>	<p style="text-align: center;"><u><b>STRENGTH</b></u> BOX SQUAT 9 x 3 70% ACROSS</p> <p>NEW SET EVERY 1:00</p> <p>WIDE STANCE "SUMO SQUAT"</p> <p>BOX HEIGHT JUST BELOW PARALLEL</p> <p style="text-align: center;"><u><b>METCON</b></u> 10 ROUNDS FOR TIME: 9 WALL BALL</p> <p>6 BOX JUMP OVERS</p> <p>3 BAR MUSCLE-UPS</p> <p>CHALLENGE: BOX 30/24 WALLBALL 30/20</p> <p>PERFORMANCE: 3 G2B BOX 24/20 WALLBALL 20/14</p> <p>FITNESS: 3 BURPEE PULL-UP BOX 24/20 WALLBALL 14/10</p> <p style="text-align: center;"><u><b>ACCESSORY</b></u> KETTLEBELL KANG SQUAT 4 x 12 KNEES OUT W/ KICKSTAND RDL W/ SINGLE DB 4x12R/12L</p> <p style="text-align: center;"><u><b>SUPPLEMENTAL OPEN GYM LIFTING</b></u> HANG CLEAN + PUSH JERK 6 x COMPLEX NEW SET EVERY 2:00</p>	<p style="text-align: center;"><u><b>STRENGTH</b></u> POWER CLEAN 6 x 2</p> <p>REST 2:00 BETWEEN</p> <p>BUILD TO A TECHNICAL MAX FOR THE DAY. YOU SHOULD STILL FEEL LIKE YOU HAVE 10-15# IN THE TANK</p> <p style="text-align: center;"><u><b>METCON</b></u> "BORN TO RUN" FOR TIME: 400M RUN</p> <p>21 BURPEES</p> <p>400M RUN</p> <p>15 BURPEES</p> <p>400M RUN</p> <p>9 BURPEES</p> <p>200M RUN</p> <p>9 POWER CLEANS</p> <p>200M RUN</p> <p>15 POWER CLEANS</p> <p>200M RUN</p> <p>21 POWER CLEANS</p> <p>CHALLENGE: 135/95</p> <p>PERFORMANCE: 115/75</p> <p>FITNESS: 95/65</p>	<p style="text-align: center;"><u><b>METCON</b></u> "ASSAULT BELLS" 10-20-30-40-50 CAL BIKE</p> <p>RUSSIAN KBS</p> <p>CHALLENGE: 70/53</p> <p>PERFORMANCE: 50/35</p> <p>FITNESS: 43/25</p> <p style="text-align: center;"><u><b>ACCESSORY</b></u> 3 ROUNDS 1:00 FOREARM PLANK</p> <p>:30s SIDE PLANK (R)</p> <p>:30s SIDE PLANK (L)</p> <p style="text-align: center;"><u><b>SUPPLEMENTAL OPEN GYM LIFTING</b></u> SEATED DUMBBELL STRICT PRESS</p> <p>12 MINUTES TO ESTABLISH A 3 REP MAX</p>

