



## PROGRAMMING SEPT. 18 - SEPT 24, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p style="text-align: center;"><u><b>STRENGTH</b></u></p> <p style="text-align: center;">BENCH PRESS 9 x 3</p> <p>NEW SET EVERY 1:00</p> <p style="text-align: center;">70% ACROSS</p> <p style="text-align: center;">3 CLOSE GRIP 3 MEDIUM GRIP 3 WIDE GRIP</p> <p style="text-align: center;">FAST EXPLOSIVE REPS</p> <p style="text-align: center;"><u><b>METCON</b></u> FOR TIME: 10-9-8-7-6-5-4-3-2-1 TOE TO BAR</p> <p style="text-align: center;">30 DOUBLE UNDERS + 12/9 CALORIE ROW</p> <p>NO ROLLING CALORIES</p> <p style="text-align: center;">CHALLENGE: 30 CROSSOVERS</p> <p style="text-align: center;">PERFORMANCE: AS WRITTEN</p> <p style="text-align: center;">FITNESS: KNEES TO ELBOWS</p> <p style="text-align: center;"><u><b>ACCESSORY</b></u> 4 SUPERSETS TATE PRESS X 12 w/ BANDED BICEP CURL X 30</p> <p style="text-align: center;"><u><b>SUPPLEMENTAL</b></u> <u><b>OPEN GYM</b></u> <u><b>LIFTING</b></u> Z-PRESS 10 x 3 @ 55% OR STRICT PRESS WEIGHT NEW SET EVERY 1:00 SET JHOOKS AT EYE LEVEL</p>	<p style="text-align: center;"><u><b>METCON</b></u> EMOM x 12 MINUTE 1 MAX SANDBAG CARRY (RIGHT SHOULDER)</p> <p style="text-align: center;">MINUTE 2 12/9 CAL BIKE</p> <p style="text-align: center;">MINUTE 3 MAX SANDBAG CARRY (LEFT SHOULDER)</p> <p style="text-align: center;">MINUTE 4 12/9 CAL BIKE</p> <p style="text-align: center;">1 MIN REST THEN....</p> <p style="text-align: center;">4 ROUNDS 12/9 CAL BIKE</p> <p style="text-align: center;">8 SANDBAG CLEANS</p> <p style="text-align: center;">12 RUSSIAN KB SWINGS</p> <p style="text-align: center;">8 SANDBAG OVER THE SHOULDER</p> <p style="text-align: center;">CHALLENGE: SANDBAG 150/100 KB 70/53</p> <p style="text-align: center;">PERFORMANCE: SANDBAG 100/75 KB 53/35</p> <p style="text-align: center;">FITNESS: SANDBAG 75/50 KB 43/25</p> <p style="text-align: center;"><u><b>ACCESSORY</b></u> 3 SUPERSETS 20 GHD SIDE TO SIDES (FACE DOWN)</p> <p style="text-align: center;">25 BANDED ROUND TO ARCH BACK GOODMORNING</p>	<p style="text-align: center;"><u><b>METCON</b></u> ANDERSON FRONT SQUAT 1-1-1-1-1-1-1</p> <p>NEW LIFT EVERY 2:00</p> <p style="text-align: center;">PROGRESSIVE TO HEAVY SINGLE</p> <p style="text-align: center;"><u><b>METCON</b></u> FOR TIME: 600M RUN</p> <p style="text-align: center;">21 BURPEES</p> <p style="text-align: center;">21 THRUSTERS</p> <p style="text-align: center;">REST 2:00</p> <p style="text-align: center;">400M RUN</p> <p style="text-align: center;">15 BURPEES</p> <p style="text-align: center;">15 THRUSTERS</p> <p style="text-align: center;">REST 1:00</p> <p style="text-align: center;">200M RUN</p> <p style="text-align: center;">9 BURPEES</p> <p style="text-align: center;">9 THRUSTERS</p> <p style="text-align: center;">CHALLENGE: 115/75</p> <p style="text-align: center;">PERFORMANCE: 95/65</p> <p style="text-align: center;">FITNESS: 75/55</p> <p style="text-align: center;"><u><b>ACCESSORY</b></u> DUAL DUMBBELL RDL 4 x 20</p>	<p style="text-align: center;"><u><b>METCON</b></u> AMRAP x 25 40 AB-MAT SIT-UPS</p> <p style="text-align: center;">3 ROUNDS OF 5 PULL-UPS 10 PUSH-UPS</p> <p style="text-align: center;">200M FARMERS CARRY</p> <p style="text-align: center;">CHALLENGE: 20 GHD 5 CHEST TO BAR KB'S 70'S/53'S</p> <p style="text-align: center;">PERFORMANCE: KB'S 53'S/35'S</p> <p style="text-align: center;">FITNESS: 5 RING ROWS KB'S 43'S/25'S</p> <p style="text-align: center;"><u><b>ACCESSORY</b></u> 3 SETS: 12 DUMBBELL FLOOR PRESS</p> <p style="text-align: center;">10 UNDERHAND ROTATING SKULL CRUSHERS (PALMS TOWARD THE FACE)</p> <p style="text-align: center;"><u><b>SUPPLEMENTAL</b></u> <u><b>OPEN GYM</b></u> <u><b>LIFTING</b></u> GLUTE BRIDGES 4 x 12 PROGRESSIVE REST 2:00</p>	<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;">70% ACROSS</p> <p style="text-align: center;">NO TOUCH AND GO</p> <p style="text-align: center;"><u><b>METCON</b></u> "CHRISTINE" 3 ROUNDS FOR TIME: 500M ROW</p> <p style="text-align: center;">12 DEADLIFTS 185/125</p> <p style="text-align: center;">21 BOX JUMPS 24/20</p> <p>NO ROLLING CALORIES</p> <p style="text-align: center;">FITNESS: 135/95</p> <p style="text-align: center;"><u><b>ACCESSORY</b></u> HEEL ELEVATED GOBLET SQUATS 4 x 15</p>	<p style="text-align: center;"><u><b>METCON</b></u> "WADE" FOR TIME: RUN 1,200M</p> <p>THEN, 4 ROUNDS OF: 12 STRICT PULL-UPS</p> <p style="text-align: center;">9 STRICT DIPS</p> <p style="text-align: center;">6 STRICT HSPU</p> <p style="text-align: center;">THEN, RUN 1,200M</p> <p style="text-align: center;">WEAR A VEST IF YOU HAVE ONE</p> <p style="text-align: center;"><u><b>SUPPLEMENTAL</b></u> <u><b>OPEN GYM</b></u> <u><b>LIFTING</b></u> PAUSE SNATCH + SNATCH 6 X COMPLEX NEW SET EVERY 2:00 PAUSE FOR 3 SECONDS BELOW THE KNEE ON THE PULL</p>	<p style="text-align: center;"><u><b>METCON</b></u> AMRAP x 10 10/8 BIKE CALORIES</p> <p style="text-align: center;">50' MIXED GRIP KB CARRY RIGHT</p> <p style="text-align: center;">10 ALT. DB SNATCH</p> <p style="text-align: center;">50' MIXED GRIP KB CARRY LEFT</p> <p style="text-align: center;">MIXED GRIP CARRY = ONE KETTLEBELL IN FRONT RACK THE OTHER IN A FARMERS CARRY POSITION</p> <p style="text-align: center;">REST 5:00</p> <p style="text-align: center;">AMRAP x 10 10/8 BIKE CALORIES</p> <p style="text-align: center;">50' FRONT RACK KB CARRY</p> <p style="text-align: center;">6 ALT. SINGLE ARM DEVILS PRESS</p> <p style="text-align: center;">50' FRONT RACK KB CARRY</p> <p style="text-align: center;">SCORE EACH AMRAP SEPARATELY</p> <p style="text-align: center;">50' CARRY = 1 REP RESET BIKE AFTER EACH INTERVAL NO ROLLING CALORIES</p> <p style="text-align: center;">CHALLENGE: KB'S 70'S/53'S DB 70/50</p> <p style="text-align: center;">PERFORMANCE: KB'S 53'S/35'S DB 50/35</p> <p style="text-align: center;">FITNESS: KB'S 43'S/25'S DB 35/20</p>

