



PROGRAMMING SEPT. 25 - OCT 1, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p style="text-align: center;"><u>STRENGTH</u> BOX SQUAT 9 x 3 75% ACROSS</p> <p>NEW SET EVERY 1:00</p> <p style="text-align: center;">WIDE STANCE "SUMO SQUAT"</p> <p style="text-align: center;">BOX HEIGHT JUST BELOW PARALLEL</p> <p>FAST EXPLOSIVE REPS</p> <p style="text-align: center;"><u>METCON</u> 4 ROUNDS AMRAP x 3 30 WALLBALL</p> <p>MAX CALORIE ROW</p> <p style="text-align: center;">REST 3:00</p> <p style="text-align: center;">CHALLENGE: WALLBALL 30/20</p> <p style="text-align: center;">PERFORMANCE: WALLBALL 20/14</p> <p style="text-align: center;">FITNESS: WALLBALL 10/9</p> <p style="text-align: center;"><u>ACCESSORY</u> SEMI-STIFF LEGGED DUMBBELL SUMO DEADLIFT 4 x 15</p> <p style="text-align: center;"><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> 3 PUSH PRESSES + 2 PUSH JERKS + 1 SPLIT JERK</p> <p style="text-align: center;">BUILD TO A HEAVY COMPLEX IN 25 MIN.</p>	<p style="text-align: center;"><u>METCON</u> FOR TIME: 5 ROUNDS: 200M RUN</p> <p>10 BURPEE PULL-UPS</p> <p style="text-align: center;">200FT SINGLE DB WALKING LUNGES</p> <p style="text-align: center;">3 ROUNDS: 200M RUN</p> <p>10 BURPEE PULL-UPS</p> <p style="text-align: center;">200FT SINGLE DB WALKING LUNGES</p> <p style="text-align: center;">200FT SINGLE DB WALKING LUNGES</p> <p style="text-align: center;">CHALLENGE: MEDBALL 30/20 BURPEE BMU DB 70/50</p> <p style="text-align: center;">PERFORMANCE: MEDBALL 20/14 DB 50/35</p> <p style="text-align: center;">FITNESS: MEDBALL 10/9 DB 35/20</p> <p style="text-align: center;"><u>ACCESSORY</u> 3 SUPERSETS: MAX REPS OF INVERTED WIDE GRIP ROWS (BARBELL IN THE J- HOOKS)</p> <p style="text-align: center;">BENT OVER TRICEP KICKBACK x 20</p>	<p style="text-align: center;"><u>STRENGTH</u> RACK PULL ABOVE KNEE</p> <p style="text-align: center;">3-3-3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p style="text-align: center;">BUILD TO A HEAVY TRIPLE</p> <p style="text-align: center;"><u>METCON</u> AMRAP x 7 30 DOUBLE UNDERS</p> <p style="text-align: center;">3 POWER CLEANS</p> <p style="text-align: center;">CHALLENGE: CROSSOVERS 185/125</p> <p style="text-align: center;">PERFORMANCE: 135/95</p> <p style="text-align: center;">FITNESS: 50 SINGLES 95/65</p> <p style="text-align: center;"><u>ACCESSORY</u> ALTERNATING SUITCASE DUMBBELL BOX STEP- UPS 3 x 20 20" BOX</p>	<p style="text-align: center;"><u>METCON</u> AMRAP x 25 "BUDDY PULL" 15 SLAMBALLS</p> <p>100FT SLED REVERSE DRAG (WHILE PARTNER SITS ON THE SLED)</p> <p style="text-align: center;">SWITCH AFTER EACH ROUND</p> <p style="text-align: center;">SCORES IS TOTAL ROUNDS AND REPS</p> <p style="text-align: center;"><u>ACCESSORY</u> SINGLE LEG GHD HIP EXTENSION 4 x 12/12 EACH SIDE</p> <p style="text-align: center;">GHD BACK EXTENSION 4 x 6</p> <p style="text-align: center;"><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> FRONT SQUAT WAVES 5-3-2 3-2-1 2-1-1 EACH WAVE IS HEAVIER THAN THE LAST</p>	<p style="text-align: center;"><u>STRENGTH</u> BENCH PRESS 7 x 3</p> <p>NEW SET EVERY 1:00</p> <p style="text-align: center;">75% ACROSS (3 CLOSE GRIP, 3 MEDIUM GRIP, 3 WIDE GRIP)</p> <p>FAST EXPLOSIVE REPS</p> <p style="text-align: center;"><u>METCON</u> TABATA MASH-UP 8 ROUNDS :20 ON :10 OFF INTERVAL 1 DUMBBELL TRIPOD ROW</p> <p style="text-align: center;">INTERVAL 2 BIKE CALORIES</p> <p style="text-align: center;">INTERVAL 3 DUMBBELL BENCH PRESS</p> <p style="text-align: center;">INTERVAL 4 BIKE CALORIES</p> <p style="text-align: center;">ROTATE THROUGH MOVEMENTS SWITCHING</p> <p style="text-align: center;">EVERY INTERVAL SWITCH HANDS ON TRIPOD ROW EACH ROUND (#1,3,5,7= RIGHT/ 2,4,6,8= LEFT)</p> <p style="text-align: center;">SCORE TOTAL CALORIES + REPS</p> <p style="text-align: center;">FITNESS: 135/95</p> <p style="text-align: center;"><u>ACCESSORY</u> DUMBBELL JM PRESS 4 x 15</p>	<p style="text-align: center;"><u>METCON</u> DIRTY 30" FOR TIME: 30 BOX JUMPS</p> <p>30 PULL-UPS</p> <p>30 KETTLEBELL SWINGS</p> <p>30 FRONT-RACK LUNGES</p> <p>30 TOES TO BAR</p> <p>30 PUSH PRESS</p> <p>30 HANG POWER CLEANS</p> <p>30 WALLBALL</p> <p>30 BURPEES</p> <p>30 CROSSOVER SINGLES</p> <p style="text-align: center;">CHALLENGE: BOX 30/24 STRICT PULL-UPS KB 70/53 BARBELL 95/65 WALBALL 30/20</p> <p style="text-align: center;">PERFORMANCE: BOX 24/20 KB 53/35 BARBELL 75/55 WALLBALL 20/14 30 DU</p> <p style="text-align: center;">FITNESS: BOX 24/20 30 RING ROWS KB 44/25 EMPTY BARBELL WALLBALL 10/9 50 SINGLES</p>	<p style="text-align: center;"><u>METCON</u> PARTNER WOD FOR TIME: 1000M ROW</p> <p>100 AIR SQUATS</p> <p>100 SIT-UPS</p> <p>500M ROW</p> <p>50 AIR SQUATS</p> <p>50 SIT-UPS</p> <p style="text-align: center;">EVERY 2 MIN: 10 BURPEES</p> <p style="text-align: center;"><u>ACCESSORY</u> ALTERNATING TABATA FOR 16 SETS (8 ROUNDS): :20s DB BICEP CURLS</p> <p style="text-align: center;">:10s BICEP CURL HOLD</p> <p style="text-align: center;">:20s ARNOLDS PRESS (SWITCH ARMS EACH ROUND)</p> <p style="text-align: center;">:10s ARNOLDS PRESS HOLD</p> <p style="text-align: center;"><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> 5x2 OVERHEAD SQUATS @80% OF 1RM EVERY 2:00</p>