



PROGRAMMING SEPT. 4 - SEPT 10, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>NO CLASSES</u> <u>LABOR DAY</u></p> <p><u>OPTIONAL</u> <u>AT-HOME WOD</u> 5K RUN OR 1 MILE RUN</p> <p>WE HAVE BEEN RUNNING A LOT THIS SUMMER, SO TRY AND SEE IF YOU CAN PR YOUR TIME</p>	<p><u>STRENGTH</u> BOX SQUAT 9 x 3</p> <p>65% ACROSS</p> <p>NEW SET EVERY 1:00</p> <p>WIDE STANDE "SUMO SQUAT"</p> <p>BOX HEIGHT JUST BELOW PARALLEL</p> <p><u>METCON</u> AMRAP x 15 21 AB MAT SIT-UPS</p> <p>15/12 CALORIE ROW</p> <p>9 DUMBBELL THRUSTERS</p> <p>CHALLENGE: 21 GHD DB'S 60/40'S</p> <p>PERFORMANCE: DB'S 50'S/35'S</p> <p>FITNESS: DB'S 35'S/2-'S</p> <p><u>ACCESSORY</u> DUMBBELL BACK RACK SUMO GOOD MORNINGS</p> <p>4 x 25</p> <p>REST 1:00 B/T SETS</p>	<p><u>METCON</u> FOR TIME BUY IN: 10 BAR MUSCLE-UPS</p> <p>3 ROUNDS: 30/24 CALORIE BIKE</p> <p>100M FARMERS CARRY</p> <p>3/2 ROPE CLIMBS</p> <p>CASH OUT: 10 BAR MUSCLE-UPS</p> <p>FITNESS: BAR MU SCALING IS 10 SEATED RING PULL-UPS 10 BAND ASSISTED RING DIPS</p> <p><u>ACCESSORY</u> 3 SUPERSETS DUMBBELL SKULL CRUSHERS x 10</p> <p>BANDED BICEP CURLS x 25</p> <p>BANDED TRICEP EXTENSION x 25</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> OVERHEAD SQUAT 2 @ 75% OF LAST WEEKS 3 REP EVERY 1:30</p>	<p><u>STRENGTH</u> DEADLIFT 3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>NO TOUCH AND GO</p> <p>PROGRESSIVE</p> <p><u>METCON</u> FOR TIME: 15-12-9 HANG POWER CLEANS</p> <p>3-2-1 WALL CLIMBS</p> <p>REST 3:00</p> <p>12-9-6 POWER CLEANS</p> <p>3-2-1 WALL CLIMBS</p> <p>SCORE TOTAL TIME</p> <p>CHALLENGE: 135/95 165/115</p> <p>PERFORMANCE: 115/75 135/95</p> <p>FITNESS: 95/65 115/75 OPEN STANDARD SCALED WALL CLIMBS</p> <p><u>ACCESSORY</u> 100 UNBROKEN BANDED GOOD-MORNINGS</p>	<p><u>STRENGTH</u> BENCH PRESS 9 x 3</p> <p>NEW SET EVERY 1:00</p> <p>75% ACROSS</p> <p>3 CLOSE GRIP 3 MEDIUM GRIP 3 WIDE GRIP</p> <p><u>METCON</u> AMRAP x 15 9/6 BIKE CALORIES</p> <p>6/4 STRICT PULL-UPS</p> <p>9/6 BIKE CALORIES</p> <p>6/4 STRICT DIPS</p> <p>FITNESS: STRICT BANDED PULL-UPS HAND RELEASE PUSH-UPS</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> 5 x COMPLEX 1 HIGH HANG SQUAT CLEAN + 1 HANG SQUAT CLEAN + 1 SQUAT CLEAN @ 65% EVERY 1:30</p>	<p><u>STRENGTH</u> SNATCH 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# LEFT IN THE TANK</p> <p>SINGLES</p> <p><u>METCON</u> "CARL BEDIGIAN" FOR TIME: 500/400M ROW</p> <p>30 POWER SNATCHES 95/65</p> <p>500/400M ROW</p> <p>30 CLEAN-AND-JERKS 95/65</p> <p>500/400M ROW</p> <p>THIS FIREFIGHTER HERO WOD IS DEDICATED TO CARL BEDIGIAN, FDNY, ENGINE 214, WHO WAS KILLED ON SEPTEMBER 11, 2001. SOMETIMES, CARL J. BEDIGIAN DID NOT SEEM REAL TO THE WOMAN WHO HAD BEEN HIS WIFE FOR LESS THAN A YEAR. A FIREFIGHTER WITH ENGINE 214 IN BROOKLYN, HE ONCE DONATED HIS BONE MARROW TO A 4-YEAR-OLD BOY IN EUROPE HE HAD NEVER MET, MICHELE BEDIGIAN SAID. HE HAD A "MAGICAL" SMILE, AND "A BEAUTIFUL WAY OF MAKING PEOPLE COMFORTABLE AROUND HIM," SHE SAID. "SOMETIMES I THINK HE'S AN ANGEL. SOMETIMES I THINK HE WASN'T REALLY A PERSON."</p>	<p><u>METCON</u> METCON FOR TIME: RUN 800M</p> <p>THEN..</p> <p>40-30-20-10: WALLBALL</p> <p>BOX JUMP</p> <p>THEN...</p> <p>RUN 800M</p> <p>CHALLENGE: WALLBALL 30/20 BOX 30/24</p> <p>PERFORMANCE: WALLBALL 20/14 BOX 24/20</p> <p>FITNESS: WALLBALL 14/10 BOX 24/20</p> <p><u>ACCESSORY</u> 3 SUPERSETS SEATED CLAMSHELLS x 30</p> <p>BANDED HAMSTRING CURLS (PRONE) x 30</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> 5 x COMPLEX 3 STRICT PRESS + 4 PUSH PRESS EVERY 2:00 PROGRESSIVE</p>