



## PROGRAMMING OCT. 16 - OCT 22, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b>            BANDED BOX SQUAT            40% + 25% BAND TENSION</p> <p>9 x 3</p> <p>NEW SET EVERY MINUTE</p> <p><b><u>METCON</u></b>            30 POWER CLEANS</p> <p>50 DOUBLE UNDERS</p> <p>30 AB MAT SIT-UPS</p> <p>20 FRONT SQUAT</p> <p>50 DOUBLE UNDERS</p> <p>30 AB MAT SIT-UPS</p> <p>10 SQUAT CLEANS</p> <p>50 DOUBLE UNDERS</p> <p>30 AB MAT SIT-UPS</p> <p>CHALLENGE:            BARBELL 135/95            CROSSOVERS            GHD</p> <p>PERFORMANCE:            BARBELL 115/75</p> <p>FITNESS:            BARBELL 95/65            100 SINGLE UNDERS</p>	<p><b><u>METCON</u></b>            AMRAP x 20            5 STRICT PULL-UPS</p> <p>10 PUSH-UPS</p> <p>15/12 CALORIE BIKE</p> <p>CHALLENGE:            WEIGHT VEST</p> <p>PERFORMANCE:            AS WRITTEN</p> <p>FITNESS:            BANDED PULL-UPS            KNEE PUSH-UPS</p> <p><b><u>ACCESSORY</u></b>            SUPERSET            KETTLEBELL SKULL CRUSHERS            3 x 10            w/            KETTLEBELL BICEP CURLS            3 x 10</p> <p><b><u>SUPPLEMENTAL OPEN GYM LIFTING</u></b>            3 x COMPLEX            1 SNATCH PULL            1 LOW HANG SQUAT            SNATCH (BELOW THE KNEE)            1 OVERHEAD SQUAT            NEW SET EVERY 1:30            PROGRESSIVE FROM WHERE            YOU LEFT OFF ON LAST            COMPLEX</p>	<p><b><u>STRENGTH</u></b>            SUMO DEADLIFT            3-2-2-1-1-1-1            NEW SET EVERY 2:00</p> <p>BUILDING TO HEAVY            SINGLE FOR THE DAY</p> <p><b><u>METCON</u></b>            FOR TIME:            1000/800M ROW</p> <p>50 BARBELL PUSH PRESS</p> <p>200M FARMERS CARRY</p> <p>CHALLENGE:            BARBELL 95/65            KB 70's/53's</p> <p>PERFORMANCE:            BARBELL 75/55            KB 53/35's</p> <p>FITNESS:            EMPTY BARBELL            KB 43/25's</p> <p><b><u>ACCESSORY</u></b>            BARBELL KANG SQUATS            4 x 8            RECOMMENDED WEIGHT            (95/65)</p>	<p><b><u>METCON</u></b>            AMRAP x 7            12/9 CALORIE BIKE</p> <p>9 BOX JUMPS</p> <p>REST 2:00</p> <p>AMRAP x 7            12/9 CALORIE BIKE</p> <p>9 TOES TO BAR</p> <p>REST 2:00</p> <p>AMRAP x 7            12/9 CALORIE BIKE</p> <p>1-2-3... WALL CLIMBS</p> <p>CHALLENGE:            BOX 30/24</p> <p>PERFORMANCE:            BOX 24/20</p> <p>FITNESS:            BOX 24/20            KNEES TO CHEST            OPEN SCALED WALL            CLIMBS</p> <p><b><u>ACCESSORY</u></b>            SUPERSET            BANDED HAMSTRING            CURLS            3 x 40            w/            BANDED GOOD            MORNINGS            3 x 40</p>	<p><b><u>STRENGTH</u></b>            BANDED BENCH PRESS            40% + 25% BAND TENSION</p> <p>9 x 3</p> <p>NEW SET EVERY MINUTE</p> <p><b><u>METCON</u></b>            5 ROUNDS            FOR QUALITY:            10 SINGLE DUMBBELL            TRIPOD ROWS            (EACH SIDE)</p> <p>20 BANDED            PULL-APARTS</p> <p>30 BANDED TRICEP            PUSH DOWNS</p> <p>40 BANDED FACE PULLS</p> <p><b><u>ACCESSORY</u></b>            WIDE GRIP FLOOR PRESS            4 x 12</p> <p><b><u>SUPPLEMENTAL OPEN GYM LIFTING</u></b>            5 x 1            CLEAN COMPLEX            3 POWER CLEANS            2 FRONT SQUATS            1 SHOULDER TO            OVERHEAD</p> <p>UNBROKEN &amp;            PROGRESSIVE            EVERY 2MIN</p>	<p><b><u>METCON</u></b>            AMRAP x 18            100 WALLBALL</p> <p>800M RUN</p> <p>60 ALTERNATING DB            SNATCH</p> <p>40 DUAL DUMBBELL            SHOULDER TO            OVERHEAD</p> <p>MAX CALORIE ROW w/            REMAINING TIME</p> <p>*SCORE = TOTAL            CALORIES</p> <p>CHALLENGE:            WALLBALL 30/20            DB 70/50's</p> <p>PERFORMANCE:            WALLBALL 20/14            DB 50/35's</p> <p>FITNESS:            WALLBALL 10/9            DB 35/20's</p>	<p><b><u>METCON</u></b>            BRING A FRIEND IN            FOR FREE            PARTNER WOD            SPLIT AS DESIRED            100 BIKE CALS</p> <p>80 BURPEES</p> <p>60 RING ROWS</p> <p>40 BOX JUMPS</p> <p>20 RKBS</p> <p>- REST 5 MIN -</p> <p>20 RKBS</p> <p>40 BOX JUMPS</p> <p>60 RING ROWS</p> <p>80 BURPEES</p> <p>100 BIKE CALS</p> <p><b><u>SUPPLEMENTAL OPEN GYM LIFTING</u></b>            STIFF LEG DEADLIFTS            4 x 15            BUILDING IN WEIGHT</p>