



PROGRAMMING OCT. 2 - OCT 8, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> SUMO DEADLIFT 7 x 3</p> <p>NEW SET EVERY 1:00</p> <p>75% ACROSS</p> <p>NO TOUCH AND GO</p> <p><u>METCON</u> FOR TIME: 21-15-9 BIKE CALORIES</p> <p>KETTLEBELL SWINGS</p> <p>IMMEDIATELY INTO...</p> <p>21-15-9 BIKE CALORIE</p> <p>GOBLET SQUAT</p> <p>FEMALE CALORIES (15-12-9)</p> <p>RESET BIKE EVERY ROUND NO ROLLING CALORIES</p> <p>CHALLENGE: KB 70/53</p> <p>PERFORMANCE: 53/35</p> <p>FITNESS: 43/25</p> <p><u>ACCESSORY</u> BARBELL STIFF LEG DEADLIFT 4 x 15 BUILDING</p>	<p><u>METCON</u> AMRAP x 20 1-2-3-4-5..... BURPEE PULL-UPS</p> <p>20 AB MAT SIT-UPS</p> <p>RUN 200M</p> <p>CHALLENGE: BURPEE BMU GHD</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: STRICT BANDED PULL-UPS</p> <p><u>ACCESSORY</u> SUPERSET WEIGHTED COSSACK SQUAT 4 x 12 w/ GHD WEIGHTED SIT-UPS (TO PARALLEL) 4 x 12 AS HEAVY AS POSSIBLE</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> 5 x COMPLEX 1 SNATCH 1 HANG SNATCH 1 OH SQUAT</p>	<p><u>STRENGTH</u> SEATED Z PRESS 3-3-2-1-1-1-1</p> <p>NEW SET EVERY 2:00</p> <p>BUILD TO 1RM</p> <p><u>METCON</u> 5 ROUNDS FOR TIME: ROW 20/15 CALORIES</p> <p>10 SHOULDER TO OVERHEAD</p> <p>CHALLENGE: 135/95</p> <p>PERFORMANCE: 115/75</p> <p>FITNESS: 95/65</p> <p><u>ACCESSORY</u> CHEST SUPPORTED SUPINATED DUMBBELL ROWS 4 x 8</p>	<p><u>METCON</u> EMOM x 8 12/9 CALORIE BIKE</p> <p>REST 2:00 THEN...</p> <p>EMOM x 8 7 BURPEE BOX JUMPS</p> <p>REST 2:00 THEN...</p> <p>EMOM x 8 30 DOUBLE UNDERS</p> <p>REST 2:00 THEN...</p> <p>EMOM x 8 7 BURPEE BOX JUMPS</p> <p>CHALLENGE: BIKE CALS 15/12 BOX 30/24 50 DOUBLE UNDERS</p> <p>PERFORMANCE: BOX 24/20</p> <p>FITNESS: BIKE CALS 10/7 BOX 24/20 50 SINGLES</p> <p><u>ACCESSORY</u> SUPERSET ARNOLD PRESS 4 x 12 w/ PUSH-UPS AT 45 DEGREES ON DUMBBELLS 4 x 10</p>	<p><u>STRENGTH</u> BACK SQUAT 4 x 10 NEW SET EVERY 3:00</p> <p><u>METCON</u> AMRAP x 15 RUN 200M</p> <p>10 SINGLE DUMBBELL HANG CLEAN AND JERKS</p> <p>RUN 200M</p> <p>10 DUAL DUMBBELL FRONT SQUATS</p> <p>CHALLENGE: 70's/50's</p> <p>PERFORMANCE: 50's/35's</p> <p>FITNESS: 35's/20's</p> <p><u>ACCESSORY</u> GHD PVC PADDLE: 4 SETS OF :45</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> WEIGHTED GLUTE BRIDGES 4 x 10 PROGRESSIVE EVERY 2 MIN</p>	<p><u>METCON</u> "JOKER" FOR TIME: 1-2-3-4-5-6-7-8-9-10 REPS OF: TOES-TO-BARS</p> <p>10-9-8-7-6-5-4-3-2-1 REPS OF: DEADLIFTS 225/155</p> <p><u>ACCESSORY</u> COACH LED MOBILITY</p>	<p><u>METCON</u> BRING A FRIEND IN FOR FREE 5 ROUNDS FOR REPS: :45 ROW CALORIES</p> <p>REST :30</p> <p>:45 AB MAT SIT-UPS</p> <p>REST :30</p> <p>:45 FARMERS CARRY EVERY 50FT = 1 REP</p> <p>REST :30</p> <p>:45 BALL SLAMS</p> <p>REST :30</p> <p><u>SUPPLEMENTAL</u> <u>OPEN GYM</u> <u>LIFTING</u> 5 RM TOUCH AND GO POWER CLEAN 15 MINUTES TO FIND MAX COMPLEX</p>