



PROGRAMMING OCT. 23 - OCT 29, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> DEADLIFT 9 x 3 65% ACROSS NO TOUCH AND GO</p> <p>NEW SET EVERY :45</p> <p><u>METCON</u> AMRAP x 12 9 POWER SNATCH</p> <p>15/12 CALORIE ROW</p> <p>30 DOUBLE UNDERS</p> <p>CHALLENGE: BARBELL 115/75 50 DU</p> <p>PERFORMANCE: BARBELL 95/65 30 DU</p> <p>FITNESS: EMPTY BARBELL 60 SINGLE UNDERS</p> <p><u>ACCESSORY</u> ROUND TO ARCH BACK GOOD MORNINGS 1 x 100 AS UNBROKEN AS POSSIBLE</p>	<p><u>METCON</u> AMRAP x 25 6 BURPEES</p> <p>9 WALLBALL</p> <p>12 BOX JUMPS</p> <p>15/12 CALORIE BIKE</p> <p>CHALLENGE: WALLBALL 30/20 BOX 30/24</p> <p>PERFORMANCE: WALLBALL 20/14 BOX 24/20</p> <p>FITNESS: WALLBALL 14/9 BOX 24/20</p> <p><u>ACCESSORY</u> SUPERSET SEATED CLAM SHELLS 3 x 20</p> <p>GOBLET COSSACK SQUATS 3 x 20 (10 EACH SIDE) (2 SECOND PAUSE ON EACH SIDE)</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> STRICT PRESS 5x7 NEW SET EVERY 1:30</p>	<p><u>STRENGTH</u> BENCH PRESS 3-2-2-1-1-1-1 NEW SET EVERY 2:00</p> <p>BUILDING TO HEAVY SINGLE FOR THE DAY</p> <p><u>METCON</u> 4 ROUNDS AMRAP x 3 10 TTB</p> <p>100' ARM SLED PUSH AND ARM OVER ARM PULL BACK</p> <p>20 FRONT STEPPING LUNGES</p> <p>REST 3 MIN</p> <p>SCORE TOTAL ROUNDS & REPS</p> <p>PICK UP WHERE YOU LEFT OFF</p> <p>CHALLENGE: 115/80</p> <p>PERFORMANCE: 90/70</p> <p>FITNESS: 70/45</p>	<p><u>METCON</u> FOR TIME: 200M FARMERS CARRY</p> <p>RUN 800M</p> <p>200M FARMERS CARRY</p> <p>5 WALL CLIMBS</p> <p>200M FARMERS CARRY</p> <p>20 SANDBAG OVER THE SHOULDER</p> <p>200M FARMERS CARRY</p> <p>RUN 400M</p> <p>200M FARMERS CARRY</p> <p>5 WALL CLIMBS</p> <p>200M FARMERS CARRY</p> <p>10 SANDBAG OVER THE SHOULDER</p> <p>CHALLENGE: KB'S 70'S/53'S SANDBAG 150/100</p> <p>PERFORMANCE: KB'S 53'S/35'S SANDBAG 100/75</p> <p>FITNESS: KB'S 43'S/25'S SANDBAG 75/50</p> <p><u>ACCESSORY</u> SINGLE ARM WIDE GRIP DUMBBELL ROW W/ A 2 SEC SQUEEZE AT THE TOP 3 x 10 w/ SINGLE ARM WIDE GRIP DUMBBELL FLOOR PRESS 3 x 10</p>	<p><u>STRENGTH</u> BANDED BOX SQUAT 45% + 25% BAND TENSION 9 x 3 NEW SET EVERY MINUTE</p> <p>ADD 5-10LBS FROM LAST WEEK</p> <p><u>METCON</u> FOR TIME: 15 THRUSTERS</p> <p>ROW 750M</p> <p>12 THRUSTERS</p> <p>ROW 500M</p> <p>9 THRUSTERS</p> <p>ROW 250M</p> <p>9 THRUSTERS</p> <p>ROW 500M</p> <p>12 THRUSTERS</p> <p>ROW 750M</p> <p>15 THRUSTERS</p> <p>CHALLENGE: 115/75</p> <p>PERFORMANCE: 95/65</p> <p>FITNESS: 75/55</p> <p><u>ACCESSORY</u> HEEL ELEVATED DUMBBELL RDL'S 4 x 20</p>	<p><u>METCON</u> 2009 NORTHEAST REGIONAL QUALIFIER FINAL 10-9-8-7-6-5-4-3-2-1: POWER CLEANS</p> <p>PULL-UPS</p> <p>KETTLEBELL SWINGS</p> <p>CHALLENGE: BARBELL 155/105 C2B KB 70/53</p> <p>PERFORMANCE: BARBELL 135/95 KB 53/35</p> <p>FITNESS: BARBELL 135/95 RING ROWS KB 43/25</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> SIDE LYING REAR DELT RAISE 4 x 20 PER SIDE</p>	<p><u>METCON</u> BRING A FRIEND IN FOR FREE PARTNER WOD 800M RUN TOGETHER</p> <p>80 AB-MAT SIT-UPS (SPLIT AS DESIRED)</p> <p>600M RUN TOGETHER</p> <p>80 AIR SQUATS (SPLIT AS DESIRED)</p> <p>400M RUN TOGETHER</p> <p>80 PUSH-UPS (SPLIT AS DESIRED)</p> <p>200M RUN</p> <p>80 SLAM BALLS (SPLIT AS DESIRED)</p> <p>100M RUN</p> <p>80 BURPEES (SPLIT AS DESIRED)</p> <p>IF YOU CAN USE A MEDBALL FOR THE AB-MAT SETUPS & AIR SQUATS</p> <p><u>SUPPLEMENTAL OPEN GYM LIFTING</u> HANG SNATCH 7x1 EVERY :90s PROGRESSIVE</p>