



PROGRAMMING DEC. 4 - DEC. 10, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> BACK SQUAT 60% OF 1RM 9 x 3</p> <p>NEW SET EVERY 1:00</p> <p><u>METCON</u> 7 ROUNDS FOR TIME: 10 WALLBALL</p> <p>10 TOE TO BAR</p> <p>*80' FARMERS CARRY AFTER EACH SET</p> <p>OPEN: WALLBALL 30/20 KB 70's/53's</p> <p>PERFORMANCE: WALLBALL 20/14 KB 53's/35's</p> <p>FITNESS: WALLBALL 14/9 KB 44's/25's</p> <p><u>ACCESSORY OPEN PREP</u> CHEST TO BAR PULL-UPS CHOOSE ONE OF THE FOLLOWING REP SCHEMES 3 x 12 UNBROKEN</p> <p>4 x 9 UNBROKEN</p> <p>5 x 7 UNBROKEN</p> <p>6 x 5 UNBROKEN REST</p> <p>1:00 BETWEEN SETS</p> <p>WILL REPEAT IN TWO WEEKS. TRY TO MOVE UP ONE REP SCHEME EACH TIME!</p>	<p><u>STRENGTH</u> 15 MINUTES POWER SNATCH</p> <p>BUILD TO A HEAVYISH SINGLE FOR THE DAY USE THIS TO ASSESS WHERE YOU LIFT IS AT WHILE LEAVING A LITTLE BIT ON THE BOARD TO IMPROVE UPON IN COMING WEEKS</p> <p><u>METCON</u> EMOM x 12 ODD MINUTES 3 POWER SNATCH (75% ACROSS)</p> <p>EVEN MINUTES ROW 15/12 CALORIES</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> PUSH JERK 3,2,2,1,1,1 PROGRESS TO A HEAVY SINGLE FOR THE DAY</p> <p>NEW SET EVERY 2:00</p>	<p><u>METCON</u> AMRAP x 15 50 DOUBLE UNDERS</p> <p>10 SINGLE DB OH LUNGE (LEFT ARM)</p> <p>40' BEAR HUG SANDBAG CARRY</p> <p>10 SINGLE DB OH LUNGE (RIGHT ARM)</p> <p>40' BEAR HUG SANDBAG CARRY</p> <p>OPEN: 50 CROSSOVERS SANDBAG 150/100 DB 70/50</p> <p>PERFORMANCE: SANDBAG 100/75 DB 50/35</p> <p>FITNESS: 100 SINGLES SANDBAG 75/50 DB 35/20</p> <p><u>ACCESSORY OPEN PREP</u> EMOM x 10 "DUMBBELL SKILLS"</p> <p>MINUTE 1 10 DUMBBELL HANG CLEAN AND JERK (5R/5L)</p> <p>MINUTE 2 7 BURPEE BOX JUMP OVERS (24/20")</p>	<p><u>METCON</u> AMRAP x 20 2 SINGLE ARM ALT. DEVIL'S PRESS</p> <p>4 ALT. DUMBBELL BOX STEP-UPS</p> <p>4 SINGLE ARM ALT. DEVIL'S PRESS</p> <p>8 ALT. DUMBBELL BOX STEP-UPS</p> <p>6 SINGLE ARM ALT. DEVIL'S PRESS</p> <p>12 ALT. DUMBBELL BOX STEP-UPS</p> <p>8 SINGLE ARM ALT. DEVIL'S PRESS</p> <p>16 ALT. DUMBBELL BOX STEP-UPS ...</p> <p>ADD (2) DEVIL'S PRESS EACH ROUND</p> <p>ADD (4) DUMBBELL BOX STEP-UPS EACH ROUND</p> <p>OPEN: DB 70/50</p> <p>PERFORMANCE: 50/35</p> <p>FITNESS: 35/20</p>	<p><u>STRENGTH</u> BENCH PRESS 60% OF 1RM 9 x 3</p> <p>NEW SET EVERY 1:00</p> <p><u>METCON</u> 10 ROUNDS FOR TIME: 4 STRICT CHIN-UPS</p> <p>8 PUSH-UPS</p> <p>12/9 BIKE CALORIES</p> <p>OPEN: 2 BMU 4 STRICT HSPU</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: BANDED STRICT CHIN UPS</p>	<p><u>METCON</u> "8 CRAZY NIGHTS WOD" 8 ROUNDS FOR TIME 8 PULL-UPS</p> <p>8 BOX JUMPS 24/20"</p> <p>8 UNBROKEN WALL BALLS 20/14</p> <p>8 PUSH-UPS</p> <p>8 ALT. LUNGES</p> <p>8 RING DIPS</p> <p>8 BURPEES</p> <p>8 DOUBLE UNDERS</p> <p>OPEN: BARBELL 185/115 BOX 30/24</p> <p>PERFORMANCE: BARBELL 155/105 BOX 24/20</p> <p>FITNESS: BARBELL 95/65</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> DUMBBELL FLOOR PRESS 4 x 12 CAP 12:00</p>	<p><u>METCON</u> FOR TOTAL REPS: AMRAP x 5 MAX CALORIE ROW</p> <p>REST 5 MINUTES</p> <p>AMRAP x 4 MAX POWER CLEANS</p> <p>REST 4 MINUTES</p> <p>AMRAP x 3 MAX BOX JUMPS W/ MANDATORY STEP DOWN</p> <p>REST 3 MINUTES</p> <p>AMRAP x 2 TOES TO BAR</p> <p>REST 2 MINUTES</p> <p>AMRAP x 1 MAX FRONT SQUATS</p> <p>SCORE TOTAL REPS</p> <p>OPEN: BARBELL 185/115 BOX 30/24</p> <p>PERFORMANCE: BARBELL 155/105 BOX 24/20</p> <p>FITNESS: BARBELL 95/65</p> <p><u>SUPPLEMENTAL OPEN GYM</u> <u>LIFTING</u> DUMBBELL FLOOR PRESS 4 x 12 CAP 12:00</p>