



PROGRAMMING JAN. 1 - JAN. 7, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>NO CLASSES</u></p>	<p><u>STRENGTH</u> RACK PULL 9 x 3 NEW SET EVERY 1:00</p> <p>INCREASE 5% FROM 12/15</p> <p><u>METCON</u> FOR TIME: CALORIE ROW 21-18-12-9-6</p> <p>*40' SANDBAG CARRY</p> <p>TOE TO BAR</p> <p>*40' SANDBAG CARRY</p> <p>(21 CAL ROW, 40' SANDBAG CARRY, 21 TOE TO BAR, 40' SANDBAG CARRY, 21 CAL ROW.....)</p> <p>OPEN: 150/100</p> <p>PERFORMANCE: 100/75</p> <p>FITNESS: 75/50</p>	<p><u>STRENGTH</u> ON THE MINUTE X 8: 1 SQUAT SNATCH</p> <p>REST 4:00</p> <p>ON THE MINUTE X 8: 1 SQUAT CLEAN + JERK</p> <p>REST 4:00</p> <p>AS MANY ROUNDS AS POSSIBLE IN 6 MINUTES: SETS OF 3 UNBROKEN HANDSTAND PUSHUPS</p> <p>SCORE TOTAL ROUNDS OF UNBROKEN 3'S OF STRICT HANDSTAND PUSH-UPS</p> <p>OPEN: STRICT HSPU</p> <p>PERFORMANCE: KIPPING HSPU</p> <p>FITNESS: SEATED DB STRICT PRESS</p>	<p><u>METCON</u> 3 ROUNDS NEW ROUND EVERY 6:00: FOR TIME: 21-15-9 BIKE CALORIES</p> <p>KETTLEBELL GOBLET REVERSE LUNGES</p> <p>OPEN: 70/53</p> <p>PERFORMANCE: 53/35</p> <p>FITNESS: 43/25</p> <p><u>OPEN ACCESSORY</u> TOES TO BAR CHOOSE ONE OF THE FOLLOWING REP SCHEMES</p> <p>3 SETS OF 12 UNBROKEN TTB</p> <p>4 SETS OF 9 UNBROKEN TTB</p> <p>5 SETS OF 7 UNBROKEN TTB</p> <p>6 SETS OF 5 UNBROKEN TTB</p> <p>REST 1:00 BETWEEN SETS</p>	<p><u>STRENGTH</u> WEIGHTED PULL-UP 3-3-3-3-3</p> <p>NEW SET EVERY 1:30</p> <p>PROGRESSIVE</p> <p><u>METCON</u> AMRAP x 15 15/12 ROW CALORIES</p> <p>9 DUMBBELL BENCH PRESS</p> <p>3/2 ROPE CLIMBS</p> <p>OPEN: 70's/50's LEGLESS</p> <p>PERFORMANCE: 50's/35's</p> <p>FITNESS: 40's/25's</p> <p><u>OPEN ACCESSORY</u> EMOM x 5 3/2 WALL CLIMB</p>	<p><u>SKILL</u> DOUBLE UNDERS & POWER SNATCH</p> <p><u>METCON</u> OPEN WORKOUT 11.1 & 14.1 AMRAP x 10 30 DOUBLE UNDERS</p> <p>15 POWER SNATCHES 75/55</p>	<p><u>METCON</u> FOR TIME: 10 SHUTTLE RUNS</p> <p>5 FARMERS CARRIES</p> <p>8 SHUTTLE RUNS</p> <p>4 FRONT RACK CARRIES</p> <p>6 SHUTTLE RUNS</p> <p>30 SINGLE DUMBBELL ALTERNATING BOX STEP-UPS</p> <p>6 SHUTTLE RUNS</p> <p>4 FRONT RACK CARRIES</p> <p>8 SHUTTLE RUNS</p> <p>5 FARMERS CARRIES</p> <p>10 SHUTTLE RUNS</p> <p>1 SHUTTLE RUN/ CARRY = (40' DOWN + 40' BACK)</p> <p>OPEN: KB's 70's/53's DB 70/50</p> <p>PERFORMANCE: KB's 53's/35's DB 50/35</p> <p>FITNESS: KB's 43's/25's DB 40/25</p>