



PROGRAMMING JAN. 22 - JAN. 28, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p style="text-align: center;"><u>METCON</u> FOR TIME: 1 ROUND: 30 BURPEES</p> <p>30 KETTLEBELL SWINGS</p> <p style="text-align: center;">REST 3:00</p> <p>2 ROUNDS: 15 LATERAL BURPEES OVER BARBELL</p> <p>15 HANG POWER CLEANS</p> <p style="text-align: center;">REST 3:00</p> <p>3 ROUNDS: 10 BAR FACING BURPEES</p> <p>10 POWER CLEANS</p> <p>*SCORE TOTAL TIME</p> <p style="text-align: center;">OPEN: KB 70/53 HANG POWER CLEANS 115/75 POWER CLEANS 155/105</p> <p>PERFORMANCE: KB 53/35 HANG POWER CLEANS 95/65 POWER CLEANS 135/95</p> <p style="text-align: center;">FITNESS: KB 43/25 HANG POWER CLEANS 75/55 POWER CLEANS 95/65</p>	<p style="text-align: center;"><u>METCON</u> 5 ROUNDS EVERY 4:00: 15 BOX JUMP OVERS 24/20"</p> <p>12 TOE TO BAR</p> <p>"X" AMOUNT OF OVERHEAD SQUATS</p> <p>ROUND 1 10 REPS</p> <p>ROUND 2 8 REPS</p> <p>ROUND 3 6 REPS</p> <p>ROUND 4 4 REPS</p> <p>ROUND 5 2 REPS</p> <p>SCORE LOADING FROM EACH ROUND</p> <p>WEIGHT TAKE FROM THE GROUND</p> <p>INCREASE WEIGHT EACH ROUND</p> <p style="text-align: center;"><u>OPEN</u> <u>ACCESSORY</u> CHOOSE ONE OF THE FOLLOWING REP SCHEMES: 6 X 6 UNBROKEN BMU</p> <p>7 X 5 UNBROKEN BMU</p> <p>8 X 4 UNBROKEN BMU</p> <p>9 X 3 UNBROKEN BMU</p> <p>REST AS NEEDED BETWEEN SETS</p>	<p style="text-align: center;"><u>METCON</u> FOR TIME: 50/40 CALORIE BIKE</p> <p>160' MIXED GRIP CARRY 50 AB MAT SIT-UPS</p> <p>160' MIXED GRIP CARRY 40/32 CALORIE BIKE</p> <p>160' MIXED GRIP CARRY 40 AB MAT SIT-UPS</p> <p>160' MIXED GRIP CARRY 30/24 CALORIE BIKE</p> <p>160' MIXED GRIP CARRY 30 AB MAT SIT-UPS</p> <p>160' MIXED GRIP CARRY 20/15 CALORIE BIKE</p> <p>160' MIXED GRIP CARRY 20 AB MAT SIT-UPS</p> <p>160' MIXED GRIP CARRY 10/8 CALORIE BIKE</p> <p>160' MIXED GRIP CARRY 10 AB MAT SIT-UPS</p> <p>160' MIXED GRIP CARRY</p> <p style="text-align: center;">OPEN: KB'S 70'S/53'S GHD</p> <p>PERFORMANCE: KB'S 53'S/35'S</p> <p style="text-align: center;">FITNESS: KB'S 43'S/25'S</p>	<p style="text-align: center;"><u>STRENGTH</u> 5 X 1 COMPLEX 1 STRICT PRESS + 2 PUSH PRESS</p> <p>EVERY 2:00 PROGRESSIVE</p> <p style="text-align: center;"><u>METCON</u> AMRAP X 9 3 HSPU</p> <p>3 STRICT PULL-UPS</p> <p>30 DOUBLE UNDERS</p> <p>6 HSPU</p> <p>6 STRICT PULL-UPS</p> <p>30 DOUBLE UNDERS</p> <p>...</p> <p>[CLIMB BY 3 REPS EACH ROUND]</p> <p style="text-align: center;">OPEN: STRICT HSPU</p> <p>PERFORMANCE: KIPPING HSPU</p> <p style="text-align: center;">FITNESS: JUMPING PULL-UPS SEATED DB STRICT PRESS 60 SINGLES</p> <p style="text-align: center;"><u>OPEN</u> <u>ACCESSORY</u> 1:30 OF AMRAP OF WALL CLIMBS REST 1 MINUTE 1:00 OF AMRAP OF WALL CLIMBS REST :30 :30 OF AMRAP OF WALL CLIMBS WORK ON BEING SMOOTH AND EFFICIENT</p>	<p style="text-align: center;"><u>METCON</u> FOR TIME: 3 ROUNDS: 3 BURPEE BOX JUMPS</p> <p>6 DOUBLE DUMBBELL FRONT SQUATS</p> <p>9 DEADLIFTS</p> <p>50/35 CALORIE BIKE</p> <p>3 ROUNDS: 3 BURPEE BOX JUMPS</p> <p>6 DOUBLE DUMBBELL FRONT SQUATS</p> <p>9 DEADLIFTS</p> <p>50/35 CALORIE BIKE</p> <p>3 ROUNDS: 3 BURPEE BOX JUMPS</p> <p>6 DOUBLE DUMBBELL FRONT SQUATS</p> <p>9 DEADLIFTS</p> <p style="text-align: center;">OPEN: BOX 30/24 DB'S 70'S/50'S DEADLIFT 185/125</p> <p>PERFORMANCE: BOX 24/20 DB'S 50'S/35'S DEADLIFT 155/105</p> <p style="text-align: center;">FITNESS: BOX 24/20 DB'S 40'S/25'S DEADLIFT 135/95</p> <p style="text-align: center;"><u>OPEN</u> <u>ACCESSORY</u> SUITCASE WALKING LUNGE 50'</p> <p style="text-align: center;">REST 1:00</p> <p>FRONT RACK WALKING LUNGE 50'</p>	<p style="text-align: center;"><u>SKILL</u> ROWING EFFICIENCY</p> <p style="text-align: center;"><u>METCON</u> 18.1 AMRAP X 20 8 TOES TO BARS</p> <p>10 DUMBBELL HANG CLEAN-AND-JERKS 50'S/35'S</p> <p>14/12 CALORIE ROW</p> <p style="text-align: center;">OPEN: KB 70/53 SLAMBALL 50/30</p> <p>PERFORMANCE: KB 53/35 SLAM BALL 30/20</p> <p style="text-align: center;">FITNESS: KB 43/25 SLAMBALL 20/10</p>	<p style="text-align: center;"><u>METCON</u> 2 ROUNDS FOR TIME: 75 KB SWINGS</p> <p>50 SLAM BALLS</p> <p style="text-align: center;">1000M ROW</p> <p style="text-align: center;">OPEN: KB 70/53 SLAMBALL 50/30</p> <p>PERFORMANCE: KB 53/35 SLAM BALL 30/20</p> <p style="text-align: center;">FITNESS: KB 43/25 SLAMBALL 20/10</p>