



## PROGRAMMING JAN. 29 - FEB. 4, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>METCON</u></b> 5 ROUNDS FOR TIME: 15 WALLBALL</p> <p>15 KETTLEBELL SWINGS</p> <p>REPS OF "X" ROUND 1 21 PULL-UPS</p> <p>ROUND 2 18 TOE TO BAR</p> <p>ROUND 3 15 CHEST TO BAR PULL-UPS</p> <p>ROUND 4 12 KNEES TO ELBOWS</p> <p>ROUND 5 9 STRICT PULL-UPS</p> <p>OPEN: WALLBALL 30/20 KB 70/53 RND 5 - 9 BMU</p> <p>PERFORMANCE: WALLBALL 20/14 KB 53/35</p> <p>FITNESS: WALLBALL 14/10 KB 43/25 RND 1: RING ROWS RND 2: V-UPS RND 3: BANDED PULLUPS RND 5: JUMPING PULL-UPS</p> <p><b><u>OPEN ACCESSORY</u></b> EMOM X 5 "DUMBBELL SKILLS" 10 DUMBBELL HANG CLEAN AND JERKS (5 EACH ARM)</p>	<p><b><u>METCON</u></b> EMOM X 8 12 BURPEES</p> <p>REST 2:00</p> <p>EMOM X 8 15/12 CALORIE ROW</p> <p>REST 2:00</p> <p>EMOM X 8 3 X 80' SHUTTLE RUNS (40' DOWN AND BACK)</p> <p>REST 2:00</p> <p>EMOM. X 8 12/9 CALORIE BIKE</p> <p>OPEN: 15 BURPEES 18/14 CAL ROW 15/12 CAL BIKE</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 9 BURPEES 12/9 CAL ROW 9/6 CAL BIKE</p>	<p><b><u>METCON</u></b> STARTING @0:00... EMOM X 8 1 SQUAT SNATCH 85%</p> <p>STARTING @15:00... EMOM X 8 1 SQUAT CLEAN 85%</p> <p>STARTING @27:00... 1 MINUTE BIKE TEST FOR CALORIES</p>	<p><b><u>METCON</u></b> AMRAP X 10 20' SINGLE DB OVERHEAD WALKING LUNGE (R)</p> <p>6 SANDBAG CLEANS</p> <p>20' SINGLE DB WALKING OVERHEAD LUNGE (L)</p> <p>3 WALL WALKS</p> <p>- REST 5 MIN -</p> <p>AMRAP X 10 20' SINGLE DB OVERHEAD WALKING LUNGE (R)</p> <p>6 SANDBAG CLEANS</p> <p>20' SINGLE DB WALKING OVERHEAD LUNGE (L)</p> <p>3 WALL WALKS</p> <p>SCORE EACH AMRAP SEPARATELY</p> <p>OPEN: SANDBAG 150/100 DB 70/50</p> <p>PERFORMANCE: SANDBAG 100/75 DB 50/35</p> <p>FITNESS: SANDBAG 75/50 OPEN STANDARD WALL WALKS DB 40/20</p>	<p><b><u>STRENGTH</u></b> SUMO DEADLIFTS 3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE TO MODERATE HEAVY TRIPLE</p> <p>NO TOUCH AND GO</p> <p><b><u>METCON</u></b> TABATA MASH-UP 8 ROUNDS FOR REPS :20 DEADLIFTS</p> <p>REST :10</p> <p>:20 DUMBBELL BENCH PRESS</p> <p>REST :10</p> <p>:20 BOX JUMPS</p> <p>REST :10</p> <p>OPEN: 225/155 DB's 70's/50's Box 30/24</p> <p>PERFORMANCE: 185/125 DB's 50's/35's Box 24/20</p> <p>FITNESS: 135/95 DB's 35's/20's Box 24/20</p>	<p><b><u>METCON</u></b> PARTNER WODS 19.5 33-27-21-15-9 THURSTERS 95/65</p> <p>CHEST TO BAR PULL-UPS</p> <p>FITNESS: 65/45 BARBELL JUMPING PULL-UPS</p> <p>SPLIT HOWEVER YOU WANT</p> <p>5 MIN REST -</p> <p>20.2 20 ROUNDS YOU GO I GO ALT. ROUNDS 4 DB THRUSTERS 50's/35's</p> <p>6 TT8</p> <p>24 DOUBLE UNDERS</p> <p>SCORE: TOTAL TIME TO COMPLETE EVERYTHING</p> <p>FITNESS: DUMBBEL 15/10'S 6 HANGING KNEE RAISES 24 SINGLE-UNDERS</p>	<p><b><u>SKILL</u></b> ROW &amp; BIKE EFFICIENCY</p> <p><b><u>METCON</u></b> 10 ROUNDS FOR REPS: 1:00 ROW CALORIES</p> <p>REST 1:00</p> <p>1:00 BIKE CALORIES</p> <p>REST 1:00</p> <p>SCORE TOTAL REPS</p>