



PROGRAMMING FEB. 12 - FEB. 18, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b> BENCH PRESS 70% 7 x 3 NEW SET EVERY 1:00</p> <p><b><u>METCON</u></b> EMOM x 15 MINUTE 1 10 DB BENCH PRESS</p> <p>MINUTE 2 20 AB-MAT SIT-UPS</p> <p>MINUTE 3 40 DOUBLE-UNDERS</p> <p>OPEN: DB 70'S/50'S 60 DOUBLE UNDERS 15 GHD</p> <p>PERFORMANCE: DB 50'S/35'S</p> <p>OPEN: DB 35'S/20'S 60 SINGLES</p> <p><b><u>ACCESSORY</u></b> CHOOSE ONE OF THE FOLLOWING REP SCHEMES: 3 SETS OF 12 CHEST TO BAR PULL-UPS 4 SETS OF 9 CHEST TO BAR PULL-UPS 5 SETS OF 7 CHEST TO BAR PULL-UPS 6 SETS OF 5 CHEST TO BAR PULL-UPS REST 1 MINUTE BETWEEN SETS</p>	<p><b><u>HINGE BINGE</u></b> AMRAP x 15 BUY-IN: 30/20 CAL BIKE</p> <p>INTO..</p> <p>3 ROUNDS 20 WALLBALLS</p> <p>15 TTB 10 DB SNATCH</p> <p>CASH OUT: MAX REPS OF SANDBAG OVER THE SHOULDER</p> <p>OPEN: WALLBALL 30/20 DB 70/50 SANDBAG 150/100</p> <p>PERFORMANCE: WALLBALL 20/14 DB 50/35 SANDBAG 100/75</p> <p>FITNESS: WALLBALL 10/6 KNEES TO ELBOWS DB 40/20 SANDBAG 75/50</p> <p><b><u>FARMER MAGGIE</u></b> EMOM x 10 MINUTE 1 100FT HEAVY FARMERS CARRY</p> <p>MINUTE 2 10 GOBLET SQUATS</p> <p>WORKOUT CREATED BY SARAH VILLANI AS HER 4 YEAR ANNIVERSARY CELEBRATION OF BEING PART OF THE COLFAX STRONG COMMUNITY!!!!</p>	<p><b><u>STRENGTH</u></b> ON THE MINUTE x 6 1 SQUAT SNATCH (90%)</p> <p>REST 4:00</p> <p>ON THE MINUTE x 6 1 SQUAT CLEAN (90%)</p> <p>REST 4:00</p> <p>FOR TIME: 50 BURPEE PULL-UPS</p> <p>OPEN: 25 BURPEE MUSCLE-UPS (ATHLETES CHOICE)</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 40 BURPEES 40 RING ROWS</p>	<p><b><u>METCON</u></b> AMCAP x 4 25 SINGLE DUMBBELL BOX STEP UPS</p> <p>5 WALL CLIMBS</p> <p>MAX CALORIE ROW</p> <p>REST 4 MINUTES</p> <p>AMCAP x 4 20 SINGLE DUMBBELL BOX STEP-UPS</p> <p>5 WALL CLIMBS</p> <p>MAX CALORIE ROW</p> <p>REST 4 MINUTES</p> <p>AMCAP x 4 15 SINGLE DUMBBELL BOX STEP-UPS</p> <p>5 WALL CLIMBS</p> <p>MAX CALORIE ROW</p> <p>SCORE TOTAL ROWING CALORIES</p> <p>OPEN: DB 70/50</p> <p>PERFORMANCE: DB 50/35</p> <p>FITNESS: DB 40/25 OPEN SCALING FOR WALL CLIMBS</p>	<p><b><u>METCON</u></b> 5 ROUNDS EVERY 5:00: 10 TOES TO BAR</p> <p>21/15 CALORIE BIKE</p> <p>10 - 8 - 6 - 4 - 2 DEADLIFTS BUILD IN WEIGHT EACH ROUND</p> <p>(BUILD TO A HEAVY BUT SAFE DOUBLE FOR THE DAY)</p> <p>NO TOUCH AND GO</p> <p>FITNESS: 10 KNEES TO CHEST</p> <p><b><u>ACCESSORY</u></b> 10-9-8-7-6-5-4-3-2-1 DUMBBELL TRIPOD ROW RIGHT</p> <p>DUMBBELL TRIPOD ROW LEFT</p>	<p><b><u>SKILL</u></b> BAR MUSCLE-UPS</p> <p><b><u>METCON</u></b> OPEN 19.4 FOR TOTAL TIME: 3 ROUNDS: 10 SNATCHES 95/65</p> <p>12 BAR FACING BURPEES</p> <p>3 MINUTES REST</p> <p>3 ROUNDS 10 BAR MUSCLE-UPS</p> <p>12 BAR FACING BURPEES</p> <p>TIME CAP: 12 MINUTES</p>	<p><b><u>METCON</u></b> 3 ROUNDS FOR TIME: 1000/800M ROW</p> <p>40 FT. OVERHEAD KETTLEBELL LUNGE, RIGHT-ARM</p> <p>40 FT. OVERHEAD KETTLEBELL LUNGE, LEFT-ARM</p> <p>OPEN: 70/50</p> <p>PERFORMANCE: 50/35</p> <p>FITNESS: 40/20</p>