



PROGRAMMING FEB. 19 - FEB. 25, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>FRIED WINGS & THIGHS</u> STRENGTH W/ SUPERSET: BACK SQUAT 3X5 @ 75% ACROSS SUPERSET W/...</p> <p>MAX STRICT PULL UP IN :30s</p> <p>REST 1:00</p> <p><u>THE HENSTON</u> 10 ROUNDS FOR TIME: 3 BAR MUSCLE-UPS</p> <p>6 SQUAT CLEANS</p> <p>9/6 BIKE CALORIES</p> <p>OPEN: 155/105</p> <p>PERFORMANCE: 135/95 CHEST TO BAR</p> <p>OPEN: 95/65 3 JUMPING PULL-UPS</p> <p>WORKOUT CREATED BY JACOB HENSTON AS HIS 4 YEAR ANNIVERSARY CELEBRATION OF BEING PART OF THE COLFAX STRONG COMMUNITY!!!!</p>	<p><u>METCON</u> FOR TIME: 60 CALORIE ROW</p> <p>55 SIT UPS</p> <p>50 RUSSIAN SWINGS</p> <p>45 PUSH-UPS</p> <p>40 CALORIE ROW</p> <p>35 SIT UPS</p> <p>30 RUSSIAN SWINGS</p> <p>25 PUSH-UPS</p> <p>20 CALORIE ROW</p> <p>15 SIT-UPS</p> <p>10 RUSSIAN SWINGS</p> <p>5 PUSH-UPS</p> <p>OPEN: GHD RING PUSH-UPS KB 70/53</p> <p>PERFORMANCE: AS WRITTEN KB 50/35</p> <p>FITNESS: KNEE PUSH-UPS KB 43/25</p>	<p><u>STRENGTH</u> PUSH JERK 3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p><u>METCON</u> 5 ROUNDS AS MANY REPS AS POSSIBLE IN 1:00: BIKE 9/7 CALORIES</p> <p>MAX REP SINGLE ARM DUMBBELL HANG CLEAN AND JERK (RIGHT)</p> <p>REST :30</p> <p>AS MANY REPS AS POSSIBLE IN 1:00: BIKE 9/7 CALORIES</p> <p>MAX REP SINGLE ARM DUMBBELL HANG CLEAN AND JERK (LEFT)</p> <p>REST :30</p> <p>SCORE TOTAL DUMBBELL HANG CLEAN AND JERKS FOR ONE SCORE</p> <p>OPEN: DB 70/50</p> <p>PERFORMANCE: DB 50/35</p> <p>FITNESS: DB 40/20</p>	<p><u>SKILL</u> ROPE CLIMBS</p> <p><u>METCON</u> FOR SKILL AND QUALITY: 5 ROUNDS 60 DOUBLE UNDERS</p> <p>10 BOX STEP-UPS R-LEG</p> <p>10 BOX STEP-UPS L-LEG</p> <p>30 HOLLOW BODY ROCKS</p> <p>3/2 ROPE CLIMBS</p> <p>35 MINUTE TIME CAP</p> <p>OPEN: DB 70/50 LEGLESS ROPE CLIMBS</p> <p>PERFORMANCE: DB 50/35</p> <p>FITNESS: DB 40/25 ROPE BODY PULLS 120 SINGLES</p>	<p><u>STRENGTH</u> RACK PULL 9 x 1</p> <p>NEW SET EVERY 1:00</p> <p>70% ACROSS</p> <p>PULL W/ SPEED AND CONTROL</p> <p><u>METCON</u> 5 ROUNDS FOR REPS: 1:00 ROW CALORIES</p> <p>1:00 ALTERNATING SINGLE DB DEVILS PRESS</p> <p>1:00 80' SHUTTLE RUNS (40' DOWN AND 40' BACK)</p> <p>1:00 REST</p> <p>OPEN: DB 70/50</p> <p>PERFORMANCE: 50/35</p> <p>FITNESS: 35/20</p> <p><u>ACCESSORY</u> 1:30 OF AMRAP OF WALL CLIMBS</p> <p>REST 1 MINUTE</p> <p>1:00 OF AMRAP OF WALL CLIMBS</p> <p>REST :30</p> <p>:30 OF AMRAP OF WALL CLIMBS</p>	<p><u>SKILL</u> WALLBALL EFFICIENCY</p> <p><u>METCON</u> "OPEN TEST" AMRAP 20: 50 WALLBALL</p> <p>50 DOUBLE UNDERS</p> <p>40 BOX JUMPS</p> <p>40 TOES TO BAR</p> <p>30 CHEST TO BAR PULL-UPS</p> <p>30 BURPEES</p> <p>20 POWER CLEANS</p> <p>20 PUSH JERKS</p> <p>10 POWER SNATCHES</p> <p>10 MUSCLE-UPS (RING OR BAR)</p> <p>OPEN: WALLBALL 30/20 BOX 30/24 BARBELL 155/105</p> <p>PERFORMANCE: WALLBALL 20/14 BOX 24/20 115/75</p> <p>OPEN: WALLBALL 10/6 100 SINGLES KNEES TO CHEST PULL-UPS/BURPEE PULL-UPS 95/65</p>	<p><u>STRENGTH</u> TURKISH GET-UP EMOM X 10 10 x 2 (1 RIGHT/1 LEFT)</p> <p>AS HEAVY AS POSSIBLE ACROSS</p> <p><u>METCON</u> FOR TIME: 50/35 CALORIE BIKE</p> <p>REST 3:00</p> <p>40/28 CALORIE BIKE</p> <p>REST 2:00</p> <p>30/21 CALORIE BIKE</p> <p>REST 1:00</p> <p>20/14 CALORIE BIKE</p> <p>REST :30</p> <p>10/7 CALORIE BIKE</p> <p>SCORE TOTAL TIME</p>