



PROGRAMMING FEB. 26 - MARCH 3, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>METCON</u> EMOM x 10 1 POWER SNATCH PROGRESSIVE</p> <p>REST 4:00</p> <p>EMOM x 10 POWER CLEAN PROGRESSIVE</p> <p>REST 2:00</p> <p>10 MINUTES ROW FOR MAX CALORIES</p> <p>THREE SCORES TODAY: FINAL LOAD ON SNATCH CLEAN METERS ON ROWER</p>	<p><u>METCON</u> AMRAP x 20 4 STRICT PULL-UPS</p> <p>8 HAND RELEASE PUSH-UPS</p> <p>12 SINGLE DUMBBELL ALTERNATING BOX STEP UPS</p> <p>OPEN &amp; PERFORMANCE: 50/35</p> <p>FITNESS: 35/20</p> <p><u>OPEN ACCESSORY</u> "DUMBBELL SKILLS" 2 ROUNDS FOR QUALITY 10 SINGLE ARM DUMBBELL HANG CLEAN AND JERK RIGHT SIDE</p> <p>20' OVERHEAD WALKING LUNGE RIGHT SIDE</p> <p>10 SINGLE ARM DUMBBELL HANG CLEAN AND JERK LEFT SIDE</p> <p>20' OVERHEAD WALKING LUNGE LEFT SIDE</p>	<p><u>METCON</u> EMOM x 21 MINUTE 1 5 DEADLIFTS</p> <p>MINUTE 2 3 WALL CLIMBS + MAX REP BOX JUMP OVERS</p> <p>MINUTE 3 REST</p> <p>OPEN: 275/185 BOX 30/24</p> <p>PERFORMANCE: 225/155 BOX 24/20</p> <p>FITNESS: 185/125 BOX 24/20</p>	<p><u>SKILL</u> SHUTTLE RUN EFFICIENCY</p> <p><u>METCON</u> 18 MINUTES BIKE CALORIES (EVERY 3:00 STARTING @ 0:00)</p> <p>5 x 50' SHUTTLES (25' DOWN AND BACK)</p>	<p><u>OPEN WORKOUT 24.1</u> <u>TBD</u></p>	<p><u>TBD</u></p>	<p><u>METCON</u> FOR TIME: 50 SIT-UPS</p> <p>40 DOUBLE UNDERS</p> <p>30 WALLBALL</p> <p>20 BURPEES</p> <p>DIRECTLY INTO.....</p> <p>50 TOE TO BAR</p> <p>40 DOUBLE UNDERS</p> <p>30 WALLBALL</p> <p>20 BURPEES</p> <p>DIRECTLY INTO.....</p> <p>50 SIT-UPS</p> <p>40 DOUBLE UNDERS</p> <p>30 WALLBALL</p> <p>20 BURPEES</p> <p>**WORKOUT IS POTENTIALLY SUBJECT TO CHANGE DEPENDING ON FRIDAYS OPEN WORKOUT!</p> <p>OPEN &amp; PERFORMANCE: 20/14</p> <p>FITNESS: 10/6 80 SINGLES</p>