



PROGRAMMING FEB. 5 - FEB. 11, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p style="text-align: center;"><u>SKILL</u></p> <p>JUMP ROPE PROGRESSION - SINGLES</p> <p>- DOUBLE UNDERS - SINGLE UNDER CROSSOVERS - DOUBLE UNDER CROSSOVERS</p> <p style="text-align: center;"><u>METCON</u></p> <p>AMRAP X 15 30 ALT. REVERSE LUNGES</p> <p>30 DOUBLE UNDERS</p> <p>20 SLAM BALLS</p> <p>20 AB MAT SIT-UPS</p> <p>10 ALTERNATING DUMBBELL SNATCHES</p> <p>10 PUSH-UPS</p> <p>OPEN: DB 70/50 20 CROSSOVERS 20 GHD 10 RING PUSH-UPS SLAM BALLS 50/30</p> <p>PERFORMANCE: DB 50/35 SLAM BALLS 30/20</p> <p>OPEN: DB 35/20 40 SINGLES SLAM BALLS 20/10</p>	<p style="text-align: center;"><u>STRENGTH</u></p> <p>BENCH PRESS 9 x 3</p> <p>NEW SET EVERY 1:00</p> <p>APPROX 65% ACROSS</p> <p style="text-align: center;"><u>METCON</u></p> <p>4 ROUNDS FOR TIME: 15/12 CALORIE BIKE</p> <p>12 PULL-UPS</p> <p>9 DUMBBELL BENCH PRESS</p> <p>OPEN: 12 CHEST TO BAR DB 50'S/35'S</p> <p>PERFORMANCE: DB'S 50'S/35'S</p> <p>FITNESS: DB'S 35'S/20'S BANDED STRICT PULL-UPS</p>	<p style="text-align: center;"><u>KAT-A-BELL</u></p> <p>EMOM x 10 1 KB TURKISH GET-UP (R) 1 KB TURKISH GET-UP (L)</p> <p>PICK ONE WEIGHT ACROSS</p> <p style="text-align: center;"><u>"THE WITCHER"</u></p> <p>AMRAP X 15 25 DOUBLE KB FRONT SQUATS</p> <p>20 KB STEPS-UPS</p> <p>15 KB SWINGS</p> <p>80FT SA OH CARRY (40FT R ARM) (40FT L ARM)</p> <p>OPEN + PERFORMANCE: KB 53/35</p> <p>FITNESS: KB 43/25</p> <p>WORKOUT CREATED BY KATHRYN BOLT AS HER 4 YEAR ANNIVERSARY CELEBRATION OF BEING A PART OF THE COLFAX STRONG COMMUNITY!!!</p>	<p style="text-align: center;"><u>METCON</u></p> <p>EMOM x 30 MINUTE 1 3 POWER SNATCH @ 70%</p> <p>MINUTE 2 12 BURPEES</p> <p>MINUTE 3 REST (CHANGE WEIGHT FOR CLEANS)</p> <p>MINUTE 4 3 POWER CLEANS @ 70%</p> <p>MINUTE 5 50 DOUBLE UNDERS</p> <p>MINUTE 6 REST (CHANGE WEIGHT FOR SNATCH)</p> <p>FITNESS: 10 BURPEES</p>	<p style="text-align: center;"><u>SKILL</u></p> <p>HANDSTAND PUSH-UP PROGRESSIONS</p> <p>*TRIPOD INTO...</p> <p>*TRIPOD TO HEADSTAND HOLD INTO...</p> <p>*TRIPOD KIP OUT TO PLANK INTO...</p> <p>*TRIPOD KIP OUT TO WALL INTO...</p> <p>*KIPPING HANDSTAND PUSH-UPS INTO...</p> <p>STRICT HANDSTAND PUSH-UPS INTO...</p> <p>WALL CLIMB + WALL FACING HANDSTAND PUSH-UPS</p> <p style="text-align: center;"><u>METCON</u></p> <p>10 ROUNDS FOR TIME: 4 HANDSTAND PUSH- UPS</p> <p>6 TTB</p> <p>12/9 CALORIE BIKE</p> <p>OPEN: WALL FACING HSPU</p> <p>PERFORMANCE: KIPPING HSPU</p> <p>FITNESS: INVERTED BOX HSPU KNEES TO ELBOWS</p>	<p style="text-align: center;"><u>METCON</u></p> <p>18.2 FOR TIME 1-2-3-4-5-6-7-8-9-10 DUMBBELL SQUATS 50'S/35'S</p> <p>BAR-FACING BURPEES</p> <p>THEN, "18.2 A" 1 REP MAX CLEAN</p> <p>TIME CAP: 12 MINUTES</p> <p style="text-align: center;"><u>ACCESSORY</u></p> <p>SINGLE ARM DUMBBELL TRICEP KICKBACKS 4 x 15/SIDE</p> <p>INTO....</p> <p>4X15/SIDE SINGLE ARM DB CURLS</p>	<p style="text-align: center;"><u>METCON</u></p> <p>AMRAP X 25 10 SHUTTLE RUNS</p> <p>20 V-UPS</p> <p>150' DUAL KETTLEBELL FRONT RACK CARRY</p> <p>15 V-UPS</p> <p>200' DUAL KETTLEBELL FARMERS CARRY</p> <p>10 V-UPS</p> <p>OPEN: KB'S 70'S/53'S</p> <p>PERFORMANCE: KB'S 53'S/35'S</p> <p>FITNESS: KB'S 43'S/25'S</p>