



PROGRAMMING MARCH 11 - MARCH 17, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b> OVERHEAD SQUAT 3-3-3-3-3</p> <p>NEW SET EVERY 2:00</p> <p>-</p> <p>PROGRESSIVE</p> <p><b><u>METCON</u></b> FOR TIME: 3 ROUNDS 12 OVERHEAD SQUATS</p> <p>12 LATERAL BURPEES OVER BARBELL</p> <p>DIRECTLY INTO....</p> <p>3 ROUNDS 12 DUMBBELL SHOULDER TO OVERHEAD</p> <p>12 BOX JUMP OVERS</p> <p>OPEN &amp; PERFORMANCE: 95/65 DB 50's/35's Box 24/20"</p> <p>FITNESS: 75/55 DB's 35's/20's/ Box 24/20"</p>	<p><b><u>METCON</u></b> AMRAP x 18 15/12 CALORIE BIKE</p> <p>12 TOE TO BAR</p> <p>9 SANDBAG OVER THE SHOULDER</p> <p>15/12 CALORIE BIKE</p> <p>12 TOE TO BAR</p> <p>15 ALT. DB SNATCHES</p> <p>15/12 CALORIE BIKE</p> <p>12 TOE TO BAR</p> <p>21 KETTLEBELL SWINGS</p> <p>OPEN: 150/100 DB 70/50 KB 70/53</p> <p>PERFORMANCE: 100/70 DB 50/35 KB 53/35</p> <p>FITNESS: 75/60 DB 35/20 KB 44/25</p> <p><b><u>OPEN PREP</u></b> BMU SKILL WORK</p>	<p><b><u>STRENGTH</u></b> BENCH PRESS 5-5-5-5-5</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p><b><u>METCON</u></b> 5 ROUNDS FOR TIME: ROW 500/400M</p> <p>15 DUMBBELL BENCH PRESS</p> <p>OPEN: DB's 70's/50's</p> <p>PERFORMANCE: DB's 50's/35's</p> <p>FITNESS: DB's 35's/20's</p> <p>BE MINDFUL OF WEIGHTS LAST OPEN WORKOUT IS THIS FRIDAY</p>	<p><b><u>METCON</u></b> EMOM x 30 MINUTE 1 5 x 50' SHUTTLE RUNS</p> <p>MINUTE 2 :30s BAR DEAD HANG</p> <p>MINUTE 3 :30s WALL SIT</p> <p>MINUTE 4 :30s MAX RING ROWS</p> <p>MINUTE 5 REST</p>	<p><b><u>OPEN</u></b> <b><u>WORKOUT 24.3</u></b> <b><u>TBD</u></b></p>	<p><b><u>METCON</u></b> "UNDER PRESSURE" FOR TIME: 100-80-60-40-20 DOUBLE UNDERS</p> <p>50-40-30-20-10 ABMAT SIT-UPS</p> <p>25-10-15-10-5 DEADLIFTS</p> <p>OPEN &amp; PERFORMANCE: 135/95</p> <p>FITNESS: SINGLES 115/75</p>	<p><b><u>METCON</u></b> EMOM x 20 MINUTE 1 12/9 CAL BIKE</p> <p>MINUTE 2 9 HANG POWER CLEAN</p> <p>MINUTE 3 12/9 CAL BIKE</p> <p>MINUTE 4 9 HANG POWER SNATCHES</p> <p>OPEN: 115/75</p> <p>PERFORMANCE: 95/65</p> <p>FITNESS: 75/55</p>