



PROGRAMMING MARCH 18 - MARCH 24, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> DYNAMIC EFFORT STRENGTH</p> <p>BOX SQUATS 9 x 3</p> <p>65% OF 1RM ACROSS NEW SET EVERY 1:00</p> <p>SUMO STANCE SQUAT</p> <p><u>METCON</u> AMRAP x 12 10-15-20-25..... WALLBALL</p> <p>CALORIE ROW</p> <p>ADD 5 WALLBALL + CAL'S EVERY ROUND</p> <p>OPEN: WALLBALL 30/20</p> <p>PERFORMANCE: WALLBALL 20/14</p> <p>FITNESS: WALLBALL 10/6</p> <p><u>ACCESSORY</u> SINGLE DUMBBELL BACK RACK SUMO GOOD-MORNINGS 4 x 25</p>	<p><u>METCON</u> AMRAP x 5 10/8 CALORIE BIKE</p> <p>10 ALT. HANG KB SNATCH</p> <p>REST 2:00</p> <p>AMRAP x 5 10/8 CALORIE BIKE</p> <p>10 BALL SLAMS</p> <p>REST 2:00</p> <p>AMRAP x 5 10/8 CALORIE BIKE</p> <p>10 AB MAT SIT-UPS</p> <p>REST 2:00</p> <p>AMRAP x 5 10/8 CALORIE BIKE</p> <p>10 BOX JUMPS</p> <p>OPEN: KB: 53/35 BALL SLAMS 50/30 GHD BOX 30/24</p> <p>PERFORMANCE: KB: 53/35 BALL SLAMS 30/20 BOX 24/20</p> <p>FITNESS: KB: 35/25 BALL SLAMS 20/10 BOX 24/20</p> <p><u>ACCESSORY</u> 3 GIANT SETS OF: DUAL DB SKULL CRUSHERS x 10</p> <p>BANDED BICEP CURLS x 25</p> <p>BANDED TRICEP EXTENSION x 25</p>	<p><u>STRENGTH</u> DEADLIFT 7 x 3</p> <p>NEW SET EVERY 2:00</p> <p>BUILD TO HEAVY 3RM FOR THE DAY</p> <p>NO TOUCH AND GO</p> <p><u>METCON</u> 5 ROUNDS FOR TIME: 10 HANG POWER CLEANS</p> <p>15 LATERAL BURPEES OVER THE BAR</p> <p>30 DOUBLE UNDERS</p> <p>OPEN: 135/95</p> <p>PERFORMANCE: 115/75</p> <p>FITNESS: 95/65</p>	<p><u>METCON</u> AMRAP x 30 400M RUN</p> <p>300FT SANDBAG BEAR HUG CARRY</p> <p>200M FARMERS CARRY</p> <p>100FT WALKING LUNGE</p> <p>OPEN: 150/100 KB'S 70'S/53'S</p> <p>PERFORMANCE: 100/75 KB'S 53'S/35'S</p> <p>FITNESS: 75/50 KB'S 43'S/25'S</p>	<p><u>STRENGTH</u> SPEED BENCH PRESS 9 x 3</p> <p>65% 1RM ACROSS</p> <p>NEW SET EVERY 1:00</p> <p><u>SKILL</u> HSPU</p> <p><u>METCON</u> AMRAP x 12 4 STRICT PULL-UPS</p> <p>4 HANDSTAND PUSH-UPS</p> <p>12/9 BIKE CALORIES</p> <p>OPEN: 2 BMU STRICT HSPU</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 4 BANDED STRICT PULL- UPS 8 HAND RELEASE PUSH- UPS</p>	<p><u>METCON</u> "TABATA FIGHT GONE BAD"</p> <p>8 INTERVALS :20 WORK :10 REST</p> <p>APPLIED TO EACH: WALL BALLS</p> <p>REST 1:00</p> <p>SUMO DEADLIFT HIGH PULL</p> <p>REST 1:00</p> <p>BOX JUMP OVERS</p> <p>REST 1:00</p> <p>PUSH PRESS</p> <p>REST 1:00</p> <p>ROW CALORIES</p> <p>SCORE TOTAL REPS</p> <p>OPEN & PERFORMANCE: 20/14 75/55 24"/20"</p> <p>FITNESS: EMPTY BARBELL</p>	<p><u>METCON</u> TEN 1-MINUTE ROUNDS OF: 3 x 80' SHUTTLE RUNS (40' DOWN + 40' BACK)</p> <p>MAX BIKE CALORIES W/ REMAINDER OF TIME</p> <p>REST 1 MINUTE BETWEEN ROUNDS</p> <p>SCORE TOTAL BIKE CALORIES</p> <p><u>ACCESSORY</u> 4 GIANT SETS OF: SEATED CLAMSHELLS x 30</p> <p>BANDED HAMSTRING CURLS(PRONE) x 30</p>