



PROGRAMMING MARCH 25 - MARCH 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> SUMO DEADLIFT 9 x 3 65% 1RM NEW SET EVERY 1:00</p> <p><u>METCON</u> FOR TIME: 50 WALLBALL THEN..</p> <p>3 ROUNDS OF: 12 DEADLIFTS 9 HANG POWER CLEANS THEN..</p> <p>30 WALLBALL THEN..</p> <p>2 ROUNDS OF: 12 DEADLIFTS 9 HANG POWER CLEANS THEN..</p> <p>10 WALLBALL THEN...</p> <p>1 ROUND OF 12 DEADLIFTS 9 HANG POWER CLEANS OPEN: WALLBALL 30/20 135/95 PERFORMANCE: WALLBALL 20/14 115/75 FITNESS: WALLBALL 10/6 95/65</p>	<p><u>METCON</u> AMRAP x 20 5 STRICT PULL-UPS 10 GOBLET STEP BACK LUNGES 20 ABMAT SIT-UPS 30 DOUBLE UNDERS OPEN: 5 STRICT CHEST TO BAR KB: 70/53 GHD CROSSOVERS PERFORMANCE: KB: 53/35 FITNESS: 5 BANDED STRICT PULLUPS KB: 35/25 60 SINGLES <u>ACCESSORY</u> 3 ROUNDS 10 /10 FRONT FOOT ELEVATED SPLIT SQUAT WITH DB 10 KETTLEBELL KANG SQUAT</p>	<p><u>STRENGTH</u> BENCH PRESS 7 x 1 NEW SET EVERY 2:00 PROGRESSIVE TO A HEAVY SINGLE <u>METCON</u> 7 ROUNDS EVERY 3:00 500/400M ROW 12 DUMBBELL BENCH PRESS SCORE TIME ON EACH ROUND OPEN: 70's/50's PERFORMANCE: 50's/35's FITNESS: 35's/20's</p>	<p><u>METCON</u> AMRAP x 15 200M FARMERS CARRY 15 DUAL KB BOX STEP UPS 10 BOX JUMPS OPEN: KB's 70's/53's PERFORMANCE: KB's 53's/35's FITNESS: KB's 43's/25's <u>ACCESSORY</u> SUPERSET: SINGLE ARM UNDERHAND DUMBBELL ROW 4 x 12 w/ DUMBBELL HAMMER CURLS 4 x 16</p>	<p><u>STRENGTH</u> BOX SQUAT 9 x 3 70% OF 1RM NEW SET EVERY 1:00 <u>METCON</u> FOR TIME: 3 ROUNDS: 12/9 CALORIE ROW 12 THRUSTERS DIRECTLY INTO...</p> <p>3 ROUNDS: 12/9 CALORIE ROW NO ROLLING CALORIES!! OPEN: 115/75 PERFORMANCE: 95/65 FITNESS: 75/55 <u>ACCESSORY</u> KICK-STAND RDL WITH A SINGLE DB 4x12/12</p>	<p><u>METCON</u> "RANKEL" AMRAP x 20 6 DEADLIFT 225/155 7 BURPEE PULL-UPS 10 KETTLEBELL SWINGS 70/53 200M RUN U.S. MARINE CORPS SERGEANT JOHN RANKEL, 23, OF SPEEDWAY, INDIANA, ASSIGNED TO 3RD BATTALION, 1ST MARINE REGIMENT, 1ST MARINE DIVISION, 1 MARINE EXPEDITIONARY FORCE, BASED OUT OF CAMP PENDLETON, CALIFORNIA, WAS KILLED ON JUNE 7, 2010, WHILE SUPPORTING COMBAT OPERATIONS IN HELMAND PROVINCE, AFGHANISTAN. HE IS SURVIVED BY MOTHER AND STEPFATHER DON AND TRISHA STOCKHOFF; FATHER AND STEPMOTHER, KEVIN AND KIM RANKEL; AND BROTHERS NATHAN STOCKHOFF AND TYLER RANKEL.</p>	<p><u>METCON</u> PARTNER WOD EMOM x 20 ALT. EVERY MINUTE 100FT SLED PUSH MAX RING DIPS SCORE: TOTAL RING DIPS OPEN & PERFORMANCE: 45/25 FITNESS: EMPTY SLED ONE PERSON WORKS WHILE THE OTHER RESTS</p>