



PROGRAMMING MARCH 4 - MARCH 10, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p style="text-align: center;"><u>STRENGTH</u></p> <p style="text-align: center;">FRONT SQUAT 5-5-5-5-5</p> <p>NEW SET EVERY 2:00</p> <p style="text-align: center;">PROGRESSIVE</p> <p style="text-align: center;"><u>METCON</u> 3 ROUNDS 200M RUN</p> <p>12 FRONT SQUATS</p> <p style="text-align: center;">DIRECTLY INTO... 3 ROUNDS 50 DOUBLE UNDERS</p> <p>12 DEADLIFTS</p> <p style="text-align: center;">OPEN: 155/105</p> <p>PERFORMANCE: 135/95</p> <p style="text-align: center;">FITNESS: 115/75</p>	<p style="text-align: center;"><u>METCON</u> AMRAP x 4 21 BOX JUMP OVERS</p> <p>21 PULL-UPS</p> <p>* MAX CALORIE BIKE WITH THE REMAINDER OF THE TIME</p> <p style="text-align: center;">REST 4 MINUTES</p> <p style="text-align: center;">AMRAP x 4 15 BOX JUMP OVERS</p> <p>15 TOES TO BAR</p> <p>* MAX CALORIE BIKE WITH THE REMAINDER OF THE TIME</p> <p style="text-align: center;">REST 4 MINUTES</p> <p style="text-align: center;">AMRAP x 4 9 BOX JUMP OVERS</p> <p>9 CHEST TO BAR</p> <p>* MAX CALORIE BIKE WITH THE REMAINDER OF THE TIME</p> <p style="text-align: center;">SCORE = TOTAL BIKE CALORIES</p> <p style="text-align: center;">OPEN: BOX 24/20 CHEST TO BAR,TTB, BMU</p> <p style="text-align: center;">PERFORMANCE: BOX 24/20</p> <p style="text-align: center;">FITNESS: RING ROWS, KNEES TO ELBOWS, STRICT BANDED PULL-UPS</p>	<p style="text-align: center;"><u>STRENGTH</u> PUSH JERK 3-3-3-3-3</p> <p>NEW SET EVERY 1:30</p> <p style="text-align: center;">PROGRESSIVE</p> <p style="text-align: center;">TAKE OFF THE GROUND</p> <p style="text-align: center;"><u>METCON</u> FOR TIME: 1 POWER CLEAN + 9 PUSH JERKS</p> <p>2 POWER CLEAN + 8 PUSH JERKS</p> <p>3 POWER CLEAN + 7 PUSH JERKS</p> <p>4 POWER CLEAN + 6 PUSH JERKS</p> <p>5 POWER CLEAN + 5 PUSH JERKS</p> <p>6 POWER CLEAN + 4 PUSH JERKS</p> <p>7 POWER CLEAN + 3 PUSH JERKS</p> <p>8 POWER CLEAN + 2 PUSH JERKS</p> <p>9 POWER CLEAN + 1 PUSH JERK</p> <p style="text-align: center;">OPEN: 135/95</p> <p style="text-align: center;">PERFORMANCE: 115/75</p> <p style="text-align: center;">FITNESS: 95/65</p>	<p style="text-align: center;"><u>SKILL</u> ROW EFFICIENCY</p> <p style="text-align: center;"><u>METCON</u> 24 MINUTES (4 ROUNDS) EVERY 2:00 MIN 0-2 24/18 CALORIE ROW</p> <p style="text-align: center;">MIN 2-4 24/18 CALORIE BIKE</p> <p style="text-align: center;">MIN 4-6 4 x 80' FARMERS CARRY SHUTTLES (40' DOWN + 40' BACK)</p> <p style="text-align: center;">OPEN: 70/53's</p> <p style="text-align: center;">PERFORMANCE: 53/35's</p> <p style="text-align: center;">FITNESS: 43/25's</p>	<p style="text-align: center;"><u>OPEN</u> <u>WORKOUT 24.2</u> <u>TBD</u></p>	<p style="text-align: center;"><u>TBD</u></p>	<p style="text-align: center;"><u>SKILL</u> ROPE CLIMB TECHNIQUE - FOOHOLD - LEAN BACK - JUMP, FOOHOLD, LEAN BACK, PRESS OUT W/ LEGS..</p> <p style="text-align: center;"><u>METCON</u> AMRAP x 14 2 ROPE CLIMBS</p> <p>4 BURPEE BOX JUMPS</p> <p>8 KETTLEBELL SWINGS</p> <p style="text-align: center;">OPEN: BOX 30/24 KB 70/53</p> <p style="text-align: center;">PERFORMANCE: BOX 24/20 KB 50/35</p> <p style="text-align: center;">FITNESS: BOX 24/20 KB 43/25</p> <p style="text-align: center;">**WORKOUT IS SUBJECT TO CHANGE DEPENDENT ON OPEN WORKOUT</p>