



PROGRAMMING APRIL 1 - APRIL 7, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> SPEED BENCH PRESS 9 x 3</p> <p>70% 1RM ACROSS</p> <p>NEW SET EVERY 1:00</p> <p>3 WIDE, 3 MID, 3 CLOSE</p> <p><u>METCON</u> AMRAP x 12 9 SHOULDER TO OVERHEAD</p> <p>12 BOX JUMP OVERS</p> <p>9 TOES TO BAR</p> <p>12 BALL SLAMS</p> <p>OPEN: 115/75 30/24" 50/30</p> <p>PERFORMANCE: 95/65 24/20" 30/20</p> <p>FITNESS: 75/55 24/20" 20/10</p>	<p><u>METCON</u> "SHUTTLE WALKS" 3 ROUNDS 10 SHUTTLE RUNS 50FT</p> <p>10 WALL WALKS</p> <p>OPEN & PERFORMANCE: AS WRITTEN</p> <p>FITNESS: OPEN STANDARD SCALED WALL WALKS</p> <p>16 MIN CAP</p> <p><u>ACCESSORY</u> 3 ROUNDS SUPERSET 30 HOLLOW ROCKS w/ HOLLOW HOLD :30s</p>	<p><u>STRENGTH</u> ANDERSON FRONT SQUAT 5-3-3-1-1-1-1</p> <p>NEW SET EVERY 2:00</p> <p>BUILD TO A HEAVY SINGLE</p> <p><u>METCON</u> 6 ROUNDS FOR TIME: 6 STRICT PULL-UPS</p> <p>9 BURPEES</p> <p>12 GOBLET SQUATS</p> <p>14 MIN CAP</p> <p>OPEN: BAR MUSCLE-UPS KB 70/53</p> <p>PERFORMANCE: KB 53/35</p> <p>FITNESS: JUMPING PULL-UPS KB 35/20</p>	<p><u>METCON</u> 10 ROUNDS AS MANY CALORIES AS POSSIBLE IN 1:30: 30 DOUBLE UNDERS</p> <p>6 DB SNATCH</p> <p>MAX BIKE CALORIES WITH THE REMAINDER OF TIME</p> <p>REST :30</p> <p>SCORE TOTAL BIKE CALORIES</p> <p>OPEN: DB'S 70/50</p> <p>PERFORMANCE: DB'S 50/35</p> <p>FITNESS: DB'S 35/25 50 SINGLES</p> <p>NO ROLLING CALS!</p> <p><u>ACCESSORY</u> SUPERSET: SINGLE ARM UNDERHAND DUMBBELL ROW 4 x 12 w/ DUMBBELL HAMMER CURLS 4 x 16</p>	<p><u>STRENGTH</u> SUMO DEADLIFT 9 x 3 @ 70%</p> <p>NEW SET EVERY 1:00</p> <p><u>METCON</u> FOR TIME: 10-9-8-7-6-5-4-3-2-1 POWER CLEANS</p> <p>RUN 200M AFTER EACH SET</p> <p>OPEN: 135/95</p> <p>PERFORMANCE: 115/75</p> <p>FITNESS: 95/65</p> <p>20 MIN CAP</p>	<p><u>METCON</u> 2 ROUNDS FOR TIME: ROW 500M</p> <p>15 OVERHEAD SQUATS</p> <p>ROW 500M</p> <p>15 TOE TO BAR</p> <p>CHALLENGE: 115/75</p> <p>PERFORMANCE: 95/65</p> <p>FITNESS 45/35</p> <p>RESET ROWER EACH ROUND</p> <p><u>ACCESSORY</u> SUPERSET DUMBBELL TATE PRESS 4x12 w/ BANDED BICEP CURLS 4x30</p>	<p><u>METCON</u> AMRAP x 25 5-10-15-20-25..... BIKE CALORIES</p> <p>40' SANDBAG CARRY (RIGHT SHOULDER)</p> <p>5-10-15-20-25..... SANDBAG CLEANS</p> <p>40' SANDBAG CARRY (LEFT SHOULDER)</p> <p>CHALLENGE/ PERFORMANCE: 100/75</p> <p>FITNESS: 75/50</p> <p>BIKE CALORIES AND SANDBAG CLEANS ASCEND BY 5 EVERY ROUND</p> <p>SANDBAG CARRY EQUALS 1 POINT</p> <p>SCORE TOTAL ROUNDS + REPS</p> <p><u>ACCESSORY</u> DUAL DUMBBELL RDLs 4 x 20</p>