



PROGRAMMING APRIL 15 - APRIL 21, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>STRENGTH SUMO DEADLIFT 7 x 3 @ 75%</p> <p>NEW SET EVERY 1:00</p> <p>NO TOUCH AND GO</p> <p>NO DROPPING FROM THE TOP</p> <p>METCON FOR TIME: 100M FARMERS CARRY 40/32 CALORIE BIKE</p> <p>20 SINGLE DUMBBELL BOX STEP-UPS</p> <p>100M FARMERS CARRY 40/32 CALORIE BIKE</p> <p>20 SINGLE DUMBBELL BOX STEP-UPS</p> <p>40/32 CALORIE BIKE</p> <p>100M FARMERS CARRY</p> <p>TIME CAP: 20MIN</p> <p>CHALLENGE: 70/53's</p> <p>PERFORMANCE: 53/35's</p> <p>FITNESS: 35/25's</p>	<p>METCON AMRAP x 30 500/400M ROW</p> <p>15 BURPEES</p> <p>200M MEDBALL RUN</p> <p>CHALLENGE: 30/20</p> <p>PERFORMANCE: 20/14</p> <p>FITNESS: NO BALL</p> <p>ACCESSORY WEIGHTED COSSACK SQUAT 4 x 12 w/ WEIGHTED GLUTE BRIDGES 4 x 12</p>	<p>STRENGTH SEATED Z PRESS 5-3-3-1-1-1-1</p> <p>NEW SET EVERY 2:00</p> <p>FIND 1RM</p> <p>METCON FOR TIME: 3-6-9-12-15 PULL-UPS</p> <p>DUMBBELL SHOULDER TO OVERHEAD</p> <p>* 30 DOUBLE UNDERS AFTER EACH ROUND</p> <p>CHALLENGE: CHEST TO BAR DB'S 70'S/50'S</p> <p>PERFORMANCE: DB'S 50'S/35'S</p> <p>FITNESS: 35/25 72 SINGLES</p>	<p>METCON AMRAP x 5 50FT SLED PUSH</p> <p>10 PUSH-UPS</p> <p>50FT SLED HAND OVER HAND PULL</p> <p>REST 5 MIN</p> <p>AMRAP x 5 50FT SLED PUSH</p> <p>10 DB FLOOR PRESS</p> <p>50FT SLED HAND OVER HAND PULL</p> <p>REST 5 MIN</p> <p>AMRAP x 5 50FT SLED PUSH</p> <p>10 RING DIPS</p> <p>50FT SLED HAND OVER HAND PULL</p> <p>CHALLENGE: 90/70 DB'S 70'S/50'S</p> <p>PERFORMANCE: 70/45 DB'S 50'S/35'S</p> <p>FITNESS: 45/25 DB'S 35'S/25'S</p>	<p>STRENGTH BACK SQUAT 4 x 10</p> <p>BUILDING TO A MODERATE WEIGHT</p> <p>NEW SET EVERY 3:00</p> <p>METCON FOR TIME: 21-15-9 WALLBALL</p> <p>BIKE CALORIES</p> <p>REST 3:00</p> <p>15-12-9 FRONT SQUAT</p> <p>BIKE CALORIES</p> <p>TIME CAP: 16MIN</p> <p>CHALLENGE: 30/20 135/95</p> <p>PERFORMANCE: 20/14 115/75</p> <p>FITNESS: 10/6 95/65</p>	<p>METCON "NIELD" FOR TIME: RUN 400M</p> <p>10 DEADLIFTS 225/155</p> <p>1 ROPE CLIMB RUN 400M</p> <p>10 DEADLIFTS</p> <p>2 ROPE CLIMBS RUN 400M</p> <p>10 DEADLIFTS 3 ROPE CLIMBS RUN 400M</p> <p>10 DEADLIFTS 4 ROPE CLIMBS RUN 400M</p> <p>10 DEADLIFTS 5 ROPE CLIMBS</p> <p>DEDICATED TO CPL DANIEL NIELD (31) 1ST BATTALION THE RIFLES WHO DIED IN AN EXPLOSION IN AFGHANISTAN ON 30TH JANUARY 2009. THE EXPLOSION WAS BELIEVED TO HAVE BEEN CAUSED BY A ROCKET PROPELLED GRENADE, DURING A CONTACT WITH ENEMY FORCES DURING A DELIBERATE OPERATION NORTH OF MUSA QALEH IN HELMAND PROVINCE.</p> <p>ALSO DEDICATED TO CPL RICHARD ROBINSON, CPL DANNY WINTER, CAPT TOM SAWYER, MNE TRAVIS MACKIN AND SGT CHRISTOPHER REED WHO ALSO DIED IN THE SAME MONTH.</p> <p>TIME CAP: 35MIN</p>	<p>SKILL ROW TECHNIQUE</p> <p>METCON FOR CALORIES: 5:00 ROW</p> <p>5:00 BIKE</p> <p>REST 1:00</p> <p>4:00 ROW</p> <p>4:00 BIKE</p> <p>REST 1:00</p> <p>3:00 ROW</p> <p>3:00 BIKE</p> <p>REST 1:00</p> <p>2:00 ROW</p> <p>2:00 BIKE</p> <p>REST 1:00</p> <p>1:00 ROW</p> <p>1:00 BIKE</p> <p>GOAL IS TO BUILD SPEED AS THE WORKOUT GOES..... START AT A MODERATE PACE AND PICK IT UP SLIGHTLY EACH NEW INTERVAL... @ 0:00- 5:00 ROW, 5:00-10:00 BIKE 10:00-11:00 REST, 11:00-15:00 ROW, 15:00-19:00 BIKE, 19:00-20:00 REST, 20:00-23:00 ROW, 23:00-26:00 BIKE, 26:00-27:00 REST, 27:00-29:00 ROW, 29:00-31:00 BIKE, 31:00-32:00 REST, 32:00-33:00 ROW, 33:00-34:00 BIKE</p> <p>ACCESSORY ARNOLD PRESS 4 x 12 w/ PUSH-UPS AT 45 DEGREES ON DBS 4 x 10</p>