

PROGRAMMING APRIL 22 - APRIL 28, 2024

STRENGTH SPECTOR BRNCH PRESS S × 5METCON S Rounds For Time: 2 minorSTRENGTH Front Sould' Bax SquarMETCON Squar SquarMETCON For Time: 10-9-8-9-6-5-4-3-8-3-8-1 Squar Squar S-3-3-11-11STRENGTH For Time: 10-9-8-9-6-5-4-3-8-3-8-1 Squar Squar S-3-3-11-11METCON For Time: 10-9-8-9-6-5-4-3-8-3-8-1 Squar S-3-3-11-11STRENGTH For Time: D-9-8-9-6-5-4-3-8-3-8-1 Squar S-3-3-11-11METCON For Time: D-9-8-9-6-5-4-3-8-3-8-1 Squar S-3-3-11-11STRENGTH For Time: D-9-8-9-6-5-4-3-8-3-8-1 Squar S-3-3-11-11METCON For Time: D-9-8-9-6-5-4-3-8-1 Squar S-3-3-11-11STRENGTH For Time: D-9-8-9-6-5-4-3-8-1 Squar S-3-3-11-11STRENGTH For Time: D-9-8-9-6-5-4-3-8-1 Squar S-3-3-11-11STRENGTH For Time: D-9-8-9-6-5-4-3-8-1 Squar S-3-3-11-11METCON For Time: D-9-8-9-6-5-4-3-8-1 Squar S-3-3-11-11METCON For Time: D-9-8-9-6-5-4-3-8-1 Squar S-3-3-11-11STRENGTH For Time: D-9-8-9-6-5-4-3-1 Squar S-3-3-11-11METCON For Time: D-9-8-9-6-5-4-3-1 Squar S-3-3-11-11METCON Squar <br< th=""><th>Monday</th><th>TUESDAY</th><th>WEDNESDAY</th><th>THURSDAY</th><th>Friday</th><th>SATURDAY</th><th>SUNDAY</th></br<>	Monday	TUESDAY	WEDNESDAY	THURSDAY	Friday	SATURDAY	SUNDAY
SPOTO BENON PARES S X5I BOUNDS TOT DET S X5FROM TOL: TOT THE: S X5FROM TOL: TOR THE: S TO THE: S X5FROM TOL: TOR THE: S TO THE: S TO THE: S TO THE: S TO THE: S TO THE: CHESTFROM TOL: TOR THE: S TO THE: S TO THE: S TO THE: S TO THE: S TO THE: CHESTFROM TOL: TOR THE: S TO THE: S TO THE: S TO THE: S TO THE: S TO THE: CHESTFROM TOL: TO THE: S TO THE: S TO THE THE: S TO THE THE: S TO THE THE: S TO THE THE STOLEFROM TOL: TO THE THE STOLETOR THE: TO THE THE THE STOLES TO THE THE THE TO THE THE THE THE THE S TO THE							
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S x 5Dor Time: 25 Russiank KETTLEBELL SkinsesSourt110-91-97-65-4-3-2-1 Student to Under to Diverence Student to Diverence 9 x 3@65%BELow The KketeFor The: ADD RunOtto X 18/1 DPAUSE 1's, 1" OFT OHES IN Skink KETTLEBELL SkinsesS-3-3-1-1-11New Set Every Set 250/20D Row9 x 3@65%4 Rounds S Duk Duwsseil, FRom SoursesNew Set Every 1:00New Set Every 1:00New Set Every 1:00New Set Every 1:30PARMEE DARY (Right Stoc)New Set Every 2:00Divert Divery 2:00Divert Divery 2:00S Strato Pullurge 1 S5/105S Strato Pullurge S Strato PullurgeNew Set Every 1:00METCON AMARAP x 12IDDFT SINGLE KB S DUALLINGE: (Right Stoc)METCON S Strat AMAAP x 3Divery Set Source 1 S/105S Strato Pullurge S DUALDWSEL, Row S DUA Duwsei, S DUA Duwsei, Source S DUA Duwsei, Source S DUA Duwsei, Source S DUA Duwsei, SourceMETCON S Strato PullurgeNew Set Every 1:00D Push-upsDHALLENGE: CHALLENGEDivery Set Source AMAAP x 3Dergemande: Source S DUA Duwsei, Source S DUA Duwsei, Source S DUA Duwsei, Row S SUM Duwsei, Row S DUA Duwsei, Row S SUM Duwsei, Row S DUA Duwsei, Row S SUM Duwsei, Row S DUA Duwsei, Row S DUA Duwsei, Row S SUM Duwsei, Row S SUM Duwsei, Row S SUM Duwsei, Row S DUA Duwsei	SPOTO BENCH PRESS		FRONT SQUAT BOX	FOR TIME:	SQUAT CLEAN		TURKISH GET UP
PAUSE 1'S, 1'' OFF DHEST DIMINEST SCALLENDER SWINSS 5-3-3-1-1-1-1 'AFTER EVERY SET 250/20DM ROW 9 × 3@65% A RUNNES S 00AL DUMBELL PROM SUMMERS 0 ARRY NEW SET EVERY 1:00 A RUNNES S 00AL DUMBELL PROM SUMMERS 0 ARRY NEW SET EVERY 2:00 'AFTER EVERY SET 250/20DM ROW NEW SET EVERY 1:00 A RUNNES S 00AL DUMBELL PROM SUMMERS 0 ARRY PROBRESSIVE DALLENDE:: 155/105 S STRICT PULLUPS S STRICT PULLUPS A RUNNES S STRICT PULLUPS A RUNNES S STRICT PULLUPS A RUNNES	5 x 5	FOR TIME:	SQUAT		BELOW THE KNEE		(10 x 1R/1L)
DrestLandAffree Very StrNew StrAffree Very StrNew StrNew StrAffree Very 1:30StrAffree Very 1:30Affree Very 1:30 <td></td> <td></td> <td></td> <td>SHOULDER TO OVERHEAD</td> <td></td> <td>400m Run</td> <td></td>				SHOULDER TO OVERHEAD		400m Run	
LindLindDef Single KB Famers CarryNew Set Every 1:30S DAL Longle L. FROM Sumers CarryProduces Weith For AL Long Set SingleProduces Set Set Every 1:30S DAL Longle L. FROM Set Set Every 1:30Produces Set Every 1:30Produces Set Set Every 1:30Produces Set Set Set Set Set Set Set Set Set Set		Swings	5-3-3-1-1-1-1	******	9 x 3@65%	4 ROUNDS	NEW SET EVERY 1:00
New Set Eveny 1:30 Parmers Danny (Right Side) Prosessive METCON (Right Side) METCON Side) METCON (Right Side)	CHEST		NEW GET EVERY 2.00		NEW GET EVERY 1:30		
METCON AMRAP X 12 3D DOUBLE UNDERS(RIGHT SIDE)PROGRESSIVEDUALLENGE: 155/105METCON 155/105METCON DALOBESGETSMETCON ADDATESMETCON S DULL DAMSELMETCON S DULL DAMSEL <t< td=""><td>NEW SET EVERY 1:30</td><td></td><td>New Jer Lvert 2.00</td><td></td><td>New Ser Evert 1.30</td><td>-</td><td></td></t<>	NEW SET EVERY 1:30		New Jer Lvert 2.00		New Ser Evert 1.30	-	
METCON AMRAP 12 30 DOUBLE UNDERS100F SINGLE KB FARMERS GARRY LLEFT SIDELMETCON S STA S STA AMRAP 3155/105DIS/105400M RUN S MARP 3METCON S RUNNE: 1 MINUTE 1 10 Push-ups400M RUNMETCON S RUNNE: S RUNNE: S RUNNE: S RUNNE: S RUNNE: 1 10 Push-ups400M RUNMETCON S RUNNE: S RUNNE: S STAID PUL-upsMETCON S RUNNE: 	New Jer Lvert 1.30		Progressive	CHALLENGE:	METCON	5 STRICT PULL-UPS	
ARRAP X 121 DDFT SINGLE KBMEITCUIN ARRAP X 3PERFORMANCE: 135/951 Minuter MX DLEANS3 ROUNDS: S DLAL DUMBEEL FROM S DLA	METCON			155/105	FOR MAX REPS AND		
30 Double L UNDERS FARMERS CARRY (LEFT SIDE) 5 STES PERFORMANCE: AMRAP X 3 PERFORMANCE: 1 35/95 MAX DLANS 3 ROUNDS: 5 DUAL DUBSET SOUAD SUMBETL FRONT SOUAD SUMERS SOUAD SUMETL SO FREST SOUAD SUMBETL FRONT SOUAD SUMERS SOUAD SUMETL FRONT SOUAD SUMETL FRONT SOUAD SUMERS SOUAD SUMBETL FRONT SOUAD SUMERS SOUAD SUMETL FRONT SOUAD SUMBETL FRONT SOUAD SUMERS SOUAD SUMETL SOUND SUME SOUAD SUMETL FRONT SOUAD SUMERS SOUAD SUMBETL FRONT SOUAD SUMERS SOUAD SUMETL FRONT SOUAD SUMERS SOUAD SUMETL FROM SOUAD SUMETL FROM SOUAD SUMERSUMETL FROM SOUAD SUMETL FROM	AMRAP X 12	100FT SINGLE KB	METCON			400M RUN	METCON
S Pull-ups CHALLENGE: Z MARAP X 3 A MARAP X 3 A MARAP X 3 Z MANUES OF REST S Guars F Re Reps 10 Push-ups CHALLENGE: Z DOM RUN PSF657 1 MANUTES OF REST S S TRICT PULLups :30 WALL WALKS 5 TOES-TO-BAR CEPFORMANCE: MAX WALLBALLS MAX WALLBALLS A CCESSORY 2 MINUTES OF REST 4 00M RUN REST : 30 10 Push-ups FITNESS: REST 1 MIN BETWEEN SuperSET 1 MINUTE 2 ROUNOS: 2 ROUNOS: :30 As MAT SIT-ups Challenge: FITNESS: FITNESS: REST 1 MIN BETWEEN SuperSET 1 MINUTE 5 S JA DOMOSE: :30 CALORIE BIKE Challenge: KB 35/20 MAX WALLBALLS MAX WALB AK W/ 1 MINUTE S S TRICT PULLups :30 CALORIE BIKE Challenge: KB 35/20 MAX WALB BET MAX BIKE CALORIES 5 STRICT PULLups :30 CALORIE BIKE Chast AS 5/20 MAX BIKE CALORIES 1 MINUTE S S STRICT PULLups :30 CALORIE BIKE Chast AS 5/20 MAX BIKE CALORIES 1 MINUTE S S TRICT PULLUPS :30 CALORIE BIKE Chast AS 5/20 MAX BIKE CALORIES 1 MINUTE S S TRICT PULLUPS :30 CALORIE BIKE S S MINTEN BANNEO TRICES 20/14 4 x 8 2 MINUTES OF RES	30 DOUBLE UNDERS						
S Pull-ups CHALLENGE: 2 COM RUN FITNESS: I MNUTE 95/65 I MNUTE MAX BIKE CALOBIES S STRICT Pull-ups :30 WALL WALKS 10 PUSH-UPS KB 70/53 MAX WALEBALLS ACCESSORY 2 MINUTES OF REST 400M RUN REST : 30 5 TOES-TO-BAR PERFORMANCE: KB 53/35 REST I MIN BETWEEN REST I MIN BETWEEN CROSSOVERS ACCESSORY 2 MINUTES OF REST 2 ADUNGS: 5 DUAL DUNGECL FRONT MAX GLEANS :30 AB MAT SIT-UPS CHALLENGE: CROSSOVERS FITNESS: KB 35/20 CHALLENGE: S DUAL DUNGECL FRONT S DUAL DUNGE		(LEFT SIDE)	AMRAP X 3	135/95	2 MINUTES OF REET		
I D PUSH-UPSKB 70/53L DOM RUM95/65MAX BILC ELLORIESI DOM RUM:30 WALL WALKS5 TOES-TO-BARPERFORMANCE: KB 53/35MAX WALLBALLSACCESSORY REST 1 MIN BETWEEN ROUNDSSUPERSET FLOOR PRESS 4 × 122 MINUTES OF REST SUPERSET FLOOR PRESS 4 × 122 MINUTE SDUA DUMBELL FRONT SQUATS30 AB MAT SIT-UPS SQUATS10 PUSH-UPSFITNESS: KB 35/20REST 1 MIN BETWEEN ROUNDSSUPERSET FLOOR PRESS 4 × 121 MINUTE MAX DLEARNS2 ROUNDSELL FRONT SQUATS:30 AB MAT SIT-UPS REST :30CHALLENGE: CHALLENGE: CHALLENGE: CHALLENGE: AS WRITTENKB 35/20CHALLENGE: 30/201 MINUTE WAL1 MINUTE MAX BIKE CALORIES 4 × 18400M RUN:30 CALORIE BIKE REST :30PERFORMANCE: PERFORMANCE: AS WRITTENBANDED TRICEP PUSHOWNS 1 × 1 50PERFORMANCE: 20/142 MINUTE 4 × 81 MINUTE MAX BIKE CALORIES 4 × 8400M RUNREST :30FITNESS: 60 SINGLES 5 JUMPING PULLUPSPERFORMANCE: 1 × 1 50PERFORMANCE: 1 × 1 501 ROUND: 1 × 1 50REST :30FITNESS: 60 SINGLES 5 JUMPING PULLUPSFITNESS: 1 × 1 50FITNESS: 1 × 1 50FITNESS: 1 × 1 500 PEN SCALED WALL WALKS JUMPING PULLUPS 5 JUMPING PULLUPSFITNESS: 1 × 1 50FITNESS: 1 × 1 500 PEN SCALED WALL WALKS JUMPING PULLUPS 5 JUMPING PULLUPSFITNESS: 1 × 1 501 MINUTE 1 × 1 50CHALLENGE: DB'S 5 STRICT PULL-UPSCHALLENGE: DB'S 5 STRICT PULL-UPSS JUMPING PULLUPS 5 JUMPING PULLUPSFITNES	5 PULL-UPS			FITNERS			
ID PUSH-DPS MAX WALLBALLS MAX WALLBALLS ACCESSORY AUDINGED FREST 400M RUM REST :30 5 TOES-TO-BAR PERFORMANCE: KB 53/35 REST 1 MIN BETWEEN ROUNDOS SUPERSET FLOOR PRESS 1 MINUTE MAX DLEAMS 2 ROUNDOS: SUPERSET MAX DLEAMS 30 AB MAT SIT-UPS CHALLENGE: CHALLENGE: CROSSOVERS CHEST TO BAR FITNESS: MAX DLEAMS 0 ADM RUN S STRICT PUL-UPS 300 CALORIE BIKE CROSSOVERS CROSSOVERS ACCESSORY BANDED TRICEP PUSHDOWNS CHALLENGE: 30/20 OHALLENGE: MAX DLEAMS 1 MINUTE MAX BIKE CALORIES 400M RUN REST :30 PERFORMANCE: AS FAST AS POSSIBLE PERFORMANCE: 1 X 1 50 PERFORMANCE: 1 DI/6 2 MINUTES OF REST 1 ROUNDO: MAX DLEAMS REST :30 S DIAL DUMBSELL FRONT S JUMPING PULLUPS FITNESS: 1 X 1 50 2 JUN 1 MINUTE MAX DLEAMS 5 DUAL DUMBSELL FRONT S DUAL DUMBSELL FRONT S DUAL DUMBSELL FRONT S DUAL DUMBSEL FRONT S DUAL DUMSSET FITNESS: 0 DI MAX CALORIES 0 MINUTE MAX DLEAMS S TRICT PULL-UPS S S TRICT PULL-UPS FITNESS: 1 DI /6 1 DI /6 1 MINUTE DI LEAMS AND MAX CALORIES S STRICT PULL-UPS PERFORMANCE: DB'S 3 S'S/25'S'S'S'S'S'S'S'S'S'S'S'S'S'S'S'S'S'S'S			200M RUN			5 STRICT PULL-UPS	:30 WALL WALKS
S TOES-TO-BAR PERFORMANCE: KB 53/35 Rest 1 MIN BETWEEN ROUNDS ACCESSORY SUPERSET ROUNDS 2 Minutes of Rest 1 Minute S Dual Dummeell From Squars :30 As Mat Sit-ups 10 Push-ups Fitness: KB 35/20 Fitness: KB 35/20 Challenge: S Dual Dummeell From Rounds 4 x 12 2 Minutes of Rest 5 Dual Dummeell From Squars Rest : 30 Rest : 30 CHALLENGE: Chess to Bar KB 35/20 CHALLENGE: S DUAL DUMMEELT From SQUARS M/ 1 Minute Max Bike Calories 5 Stritt Pull-ups Rest : 30 Performance: As Written ACCESSORY Pushoowns SQUAR 30/20 4 x 8 2 Minutes of Rest 4 dom Run : 30 Calorie Bike Fitness: 60 Singles Bandeo Tricep Pushoowns Performance: 20/14 Calories Minutes of Rest 1 Round: SQUARS Fitness: 0 Pen Scaled Wall 60 Singles As Fast As Possible Fitness: 10/6 Fitness: 10/6 2 Minutes of Rest 5 Stritt Pull-ups Performance: 0 Pen Scaled Wall 5 Stritter Sullups 1 10/6 10/6 Score Max Reps of 0 Pen Scaled Wall Pensor 0 Pen Scaled Pensor 0 Pens Scaled Pitness: 0 Pens Scaled Wall 5 Stritter Bull-ups Sore Max Reps of 0 Pens Scales Pitness: 0 Pens Scales 5 Stritter Bull-ups <td>IU PUSH-UPS</td> <td></td> <td>MAX WALLBALLS</td> <td>20,00</td> <td></td> <td>400M RUN</td> <td></td>	IU PUSH-UPS		MAX WALLBALLS	20,00		400M RUN	
KB 53/35REST 1 MIN BETWEEN RDUNDSSUPERSET FLOOR PRESS1 MINUTE MAX CLEANS2 ROUNDSS:30 AB MAT Sit-ups10 PUSH-upsFitness: KB 35/20Fitness: KB 35/20KB 35/20Rest :30CHALLENGE: CROSSOVERS CHAST TO BARKB 35/20CHALLENGE: SUPERSETM/S Striot Pull-upsRest :30CHALLENGE: CROSSOVERS CHAST TO BARCHALLENGE: SUPERSETTRIPDO ROW 4 x 81 MINUTE MAX BIKE DALORIES400M RUN:30 CALORIE BIKEPERFORMANCE: PUSHDOWNS A S WRITTENBANOED TRICEP PUSHDOWNS 1 x 150 AS FAST AS POSSIBLEPERFORMANCE: SULA 1 DIABSELL FRINT 1 D/61 MINUTE MAX CLEANS1 ROUND: MAX BIKE DALORIESRest :30FITNESS: 60 SINGLES S JUMINGS PULLUPSFITNESS: AS FAST AS POSSIBLEFITNESS: 1 D/62 MINUTES OF REST MAX CLEANS1 ROUND: S STRICT PULL-UPSRest :30FITNESS: 60 SINGLES S JUMINGS PULLUPSFITNESS: DB'S STRICT PULL-UPSCHALLENGE: VALK1 MINUTE MAX CLEANSCHALLENGE: DB'S STRICT PULL-UPSPERFORMANCE: VALKS JUMINGS PULLOPS S JUMINGS PULLUPSFITNESS: DB'S STRICT PULL-UPSStrine TPUL-UPSVALKVALKS JUMINGS PULLOPS S JUMINGS PULLOPSFITNESS: DB'S STRICT PULL-UPSStrine TPUL-UPSVALKS JUMINGS PULLOPS S JUMINGS PULLOPSFITNESS: DB'S STRICT PULL-UPSPERFORMANCE: VALKStrine TPUL-UPSS JUMINGS PULLOPS S JUMINGS PULLOPSFITNESS: DB'S STRICT PULL-UPSPERFORMANCE: DB'S STRICT PULL-UPSPERFORMANCE: PUSHDADWAK CALORIESPERFO	5 TOES-TO-BAR	PERFORMANCE:		ACCESSORY	2 MINUTES OF REST		REST :30
10 Push-ups Rounds FLoor press Max CLEARS S Dad Diates Rest 10 Push-ups Fitness: 4 x 12 2 Minutes or Rest S Strict Pull-ups Rest : 30 Challenge: KB 35/20 W/ M/ Minutes or Rest 300 Calorie Bike CROSSOVERS ACCESSORY 30/20 4 x 8 2 Minutes or Rest 400m Run :30 Calorie Bike Banded Tricep Banded Tricep 928400mNs 20/14 2 Minutes or Rest 1 Rounds Rest : 30 Fitness: 1 x 150 20/14 20/14 2 Minutes or Rest 5 Dual Dumselt Front Squars Rest : 30 60 Singles As Fast As Possible Fitness: 1 Minute 5 Strict Pull-ups 0PEN Solute) Wall 5 Jumming Pull-ups As Fast As Possible Fitness: 010/6 1 Minute 5 Strict Pull-ups 5 Jumming Pull-ups 1 D/6 10/6 1 Minute 0B's 50's/35's 0PEN SO's/35's 5 Straight Leg Leg Strict Pull-ups -Score Max Reps of Dis 50's/35's 0B's 50's/35's 0B's 50's/35's 5 Jumming Pull-ups -Score Max Reps of Dis 35's/25's Dis 35's/25's 0B's 35's/25's		KB 53/35	REST 1 MIN BETWEEN	SUPERSET			
Image: Fitness: KB 35/20 M × 12 2 Minutes of Rest 5 Rest - 20 Rest : 30 CROSSOVERS KB 35/20 M 1 Minute Max Bike CALORIES 5 Rest - 20 30/20 1 Minute Max Bike CALORIES 400M Run 30/20 1 Rest : 30 CROSSOVERS ACCESSORY Dest to Bar Banded Tricep PUSHDOWNS Performance: 1 x 1 50 20/14 2 Minutes of Rest 400M Run Rest : 30 As WRITTEN 1 x 1 50 Banded Tricep PUSHDOWNS Performance: 1 x 1 50 20/14 1 Minute Max Eleas 5 Strict Pull-ups Rest : 30 As Fast As Possible Fitness: 5 Jumping Pullups As Fast As Possible Fitness: 10/6 1 Minute Max Bike Calories 5 Strict Pull-ups Mext Site Max Eleas S Strict Pullups As Fast As Possible Fitness: 10/6 10/6 Eleas 2 Minutes of Rest 5 Strict Pull-ups Deen Scaled Wall Walk S Strict Pullups S Strict Pullups S Strict Pullups S Strict Pullups Deen Scaled Wall Max Bike Calories Definitions Deen Scaled Wall S Strict Pullups S Strict Pullups S Strict Pullups S Strict Pullups Definitions Definitions Definitions S Strict Pullups S Strict Pullups S Strict Pullups S Strict Pullups Definitions Definitions Definition	10 Push-ups		Rounds	FLOOR PRESS	MAX GLEANS		
Indextrement Challenge: Tripo Row 3D/2D I Minute Randed TriceP I Minute 3D/2D I Minute A x B I Minute Max Bike Calories Addm Run :30 Calorie Bike Performance: Banded TriceP Performance: Banded TriceP Performance: 1 Round: Rest :30 As Written 1 x 150 20/14 2 Minutes of Rest 1 Round: Fitness: As Fast As Possible Fitness: 10/6 1 Minute 2 Minutes of Rest 5 Strict Pull-ups 5 Jumping Pullups Information 10/6 Information I Minute Performance: Performance: 5 Jumping Pullups Strict Pull-ups Information Information Performance: Performance: I Minute Performance: Performance: Performance: I Minute Performance: Performa				4 x 12	2 MINUTES OF REST		REST :30
CROSSOVERS ACCESSORY 30/20 4 x B MAX BIKE CALORIES 400M RUN :30 CALORIE BIKE CHEST TO BAR ACCESSORY 30/20 4 x B 2 MINUTES OF REST 1 ROUND: REST :30 PERFORMANCE: PUSHODWNS 1 x 150 20/14 1 MINUTE 5 Dual DumBBELL FRONT FITNESS: 60 SINGLES 1 x 150 20/14 10/6 1 MINUTE 5 STRICT PULL-UPS OPEN SCALED WALL 5 JUMPING PULLUPS AS FAST AS POSSIBLE FITNESS: 10/6 1 MINUTE 5 STRICT PULL-UPS OPEN SCALED WALL 5 JUMPING PULLUPS LIFTS 10/6 I MINUTE DB'S 70'S/S0'S OPEN SCALED WALL 5 STRAIGHT LEG LEG LIFTS I MINUTE CHALLENGE: DB'S 70'S/S0'S OPEN SCALED WALL 1 IFTS LIFTS LIFTS LIFTS I MINUTE DB'S 35'S/S5'S DB'S 35'S/S5'S		KB 35/20	-		1 MINUTE	5 STRICT PULL-UPS	
Billed Banded Tig Band Banded Tig Ba							:30 CALORIE BIKE
Performance: Pushdowns Performance: 1 Minute 1 Minute 1 Minute As Written 1 x 150 20/14 1	CHEST TO BAR		30/20	4 x 8	2 MINUTES OF REST		
AS WRITTEN 1 x 1 50 20/14 TIMESS: 5 Dual Dumbecli Front Square Fitness: AS FAST AS POSSIBLE FITNESS: AS FAST AS POSSIBLE FITNESS: 0PEN SCALED Wall FITNESS: 00 Singles 10/6 10/6 00 Singles 0PEN SCALED Wall S JUMPING PULLUPS 10/6 10/6 0PEN SCALED Wall 0PEN SCALED Wall S JUMPING PULLUPS 10/6 0PEN SCALED Wall 0PEN SCALED Wall S JUMPING PULLUPS 10/6 0PEN SCALED Wall 0PEN SCALED Wall S JUMPING PULLUPS 10/6 0PEN SCALED Wall 0PEN SCALED Wall S JUMPING PULLUPS 10/6 0PEN SCALED Wall 0PEN SCALED Wall S JUMPING PULLUPS 10/6 0PEN SCALED Wall 0PEN SCALED Wall S JUMPING PULLUPS 10/6 0PEN SCALED Wall 0PEN SCALED Wall S JUMPING PULLUPS 10/6 0PEN SCALED Wall 0PEN SCALED Wall S JUMPING PULLUPS Scoope max Reps of DB's 50's/35's 0PER SCO's SO's/35's 0PEN SCALED Wall LIFTS CHALLENGE: DB's 50's/35's 0PE's 50's/35's 0PE's 50's/35's	PERFORMANCE:		PERFORMANCE:				REST :30
As Fast As Possible Fitness: 2 Minutes of Rest 5 Strict Pull-ups Open Scaled Walk 60 Singles 10/6 10/6 1 Minute CHallense: Walk 5 Jumping Pullups 10/6 10/6 10/6 CHallense: CHallense: 5 Jumping Pullups 10/6 10/6 Score Max Reps of Dels 70's/50's CHallense: CHallense: 5 Jumping Pullups 10/6 Score Max Reps of Dels 50's/50's CHallense: CHallense: CHallense: 1 If to 10/6 If to Score Max Reps of Dels 50's/50's CHallense: CHallense: CHallense: CHallense: 1 If to If to If to If to Score Max Reps of Dels 50's/50's CHallense: CHallen			20/14				FITNESS:
Fitness: Fitness. Fitness. 60 Singles 10/6 1 Minute 5 Jumping Pullups CHALLENSE: 5 Straight Leg Leg Score Max Reps of DB's 70's/50's Lifts Score Max Reps of DB's 50's/35's Fitness: Score Max Reps of DB's 50's/35's CHALLENGE: DB's 50's/35's DB's 50's/35's DB's 50's/35's						-	OPEN SCALED WALL
S JUMPING PULLUPS CHALLENSE: S JUMPING PULLUPS MAX BIKE CALORIES S JUMPING PULLUPS DB'S 70'S/50'S S STRAIGHT LEG LEG DB'S 70'S/50'S LIFTS CLEANS AND MAX CALORIES LIFTS DB'S 50'S/35'S CHALLENGE: DB'S 50'S/35'S DB'S 50'S/35'S DB'S 50'S/35'S CHALLENGE: DB'S 35'S/25'S 135/95 DB'S 35'S/25'S					2 MINUTES OF REST	5 STRICT PULL-UPS	WALK
5 STRAIGHT LEG LEG Score MAX REPS OF Performance: LIFTS Cleans and Max CaloRies DB's 50's/35's CHALLENGE: DB's 35's/25's 135/95 DB's 35's/25's			10/6				
LIFTS CLEANE AND MAX CALORIES DB'S 50'S/35'S ON THE BIKE SEPARATELY FITNESS: CHALLENGE: DB'S 35'S/25'S 135/95						DB's 70's/50's	
ON THE BIKE SEPARATELY ON THE BIKE SEPARATELY FITNESS: CHALLENGE: DB's 35's/25's 135/95							
CHALLENGE: DB's 35's/25's 135/95	Lints					DB's 50's/35's	
135/95							
						DB's 35's/25's	
PEDEDRMANCE.					PERFORMANCE:		
115/75							
FITNESS:					FITNESS:		
95/65							