



PROGRAMMING APRIL 22 - APRIL 28, 2024

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|---|--|---|--|--|---|--|
| <p><b><u>STRENGTH</u></b><br/>SPOTO BENCH PRESS<br/>5 x 5</p> <p>PAUSE 1's, 1" OFF<br/>CHEST</p> <p>NEW SET EVERY 1:30</p> <p><b><u>METCON</u></b><br/>AMRAP x 12<br/>30 DOUBLE UNDERS</p> <p>5 PULL-UPS</p> <p>10 PUSH-UPS</p> <p>5 TOES-TO-BAR</p> <p>10 PUSH-UPS</p> <p>CHALLENGE:<br/>CROSSOVERS<br/>CHEST TO BAR</p> <p>PERFORMANCE:<br/>AS WRITTEN</p> <p>FITNESS:<br/>60 SINGLES</p> <p>5 JUMPING PULLUPS<br/>5 STRAIGHT LEG LEG<br/>LIFTS</p> | <p><b><u>METCON</u></b><br/>5 ROUNDS<br/>FOR TIME:<br/>25 RUSSIAN KETTLEBELL<br/>SWINGS</p> <p>100FT SINGLE KB<br/>FARMERS CARRY<br/>(RIGHT SIDE)</p> <p>100FT SINGLE KB<br/>FARMERS CARRY<br/>(LEFT SIDE)</p> <p>CHALLENGE:<br/>KB 70/53</p> <p>PERFORMANCE:<br/>KB 53/35</p> <p>FITNESS:<br/>KB 35/20</p> <p><b><u>ACCESSORY</u></b><br/>BANDED TRICEP<br/>PUSHDOWNS<br/>1 x 150<br/>AS FAST AS POSSIBLE</p> | <p><b><u>STRENGTH</u></b><br/>FRONT SQUAT BOX<br/>SQUAT</p> <p>5-3-3-1-1-1-1</p> <p>NEW SET EVERY 2:00</p> <p>PROGRESSIVE</p> <p><b><u>METCON</u></b><br/>5 SETS<br/>AMRAP x 3</p> <p>200M RUN</p> <p>MAX WALLBALLS</p> <p>REST 1 MIN BETWEEN<br/>ROUNDS</p> <p>CHALLENGE:<br/>30/20</p> <p>PERFORMANCE:<br/>20/14</p> <p>FITNESS:<br/>10/6</p> | <p><b><u>METCON</u></b><br/>FOR TIME:<br/>10-9-8-7-6-5-4-3-2-1<br/>SHOULDER TO OVERHEAD</p> <p>*AFTER EVERY SET<br/>250/200M ROW</p> <p>CHALLENGE:<br/>155/105</p> <p>PERFORMANCE:<br/>135/95</p> <p>FITNESS:<br/>95/65</p> <p><b><u>ACCESSORY</u></b><br/>SUPERSET<br/>FLOOR PRESS<br/>4 x 12<br/>w/<br/>TRIPOD ROW<br/>4 x 8</p> | <p><b><u>STRENGTH</u></b><br/>SQUAT CLEAN<br/>BELOW THE KNEE</p> <p>9 x 3@65%</p> <p>NEW SET EVERY 1:30</p> <p><b><u>METCON</u></b><br/>FOR MAX REPS AND<br/>CALORIES:<br/>1 MINUTE<br/>MAX CLEANS</p> <p>2 MINUTES OF REST</p> <p>1 MINUTE<br/>MAX BIKE CALORIES</p> <p>2 MINUTES OF REST</p> <p>1 MINUTE<br/>MAX CLEANS</p> <p>2 MINUTES OF REST</p> <p>1 MINUTE<br/>MAX BIKE CALORIES</p> <p>2 MINUTES OF REST</p> <p>1 MINUTE<br/>MAX BIKE CALORIES</p> <p>*SCORE MAX REPS OF<br/>CLEANS AND MAX CALORIES<br/>ON THE BIKE SEPARATELY</p> <p>CHALLENGE:<br/>135/95</p> <p>PERFORMANCE:<br/>115/75</p> <p>FITNESS:<br/>95/65</p> | <p><b><u>METCON</u></b><br/>METCON<br/>"THE EXTRA MILE"<br/>FOR TIME:<br/>400M RUN</p> <p>4 ROUNDS<br/>5 DUAL DUMBBELL FRONT<br/>SQUATS</p> <p>5 STRICT PULL-UPS</p> <p>400M RUN</p> <p>3 ROUNDS:<br/>5 DUAL DUMBBELL FRONT<br/>SQUATS</p> <p>5 STRICT PULL-UPS</p> <p>400M RUN</p> <p>2 ROUNDS:<br/>5 DUAL DUMBBELL FRONT<br/>SQUATS</p> <p>5 STRICT PULL-UPS</p> <p>400M RUN</p> <p>1 ROUND:<br/>5 DUAL DUMBBELL FRONT<br/>SQUATS</p> <p>5 STRICT PULL-UPS</p> <p>CHALLENGE:<br/>DB'S 70's/50's</p> <p>PERFORMANCE:<br/>DB'S 50's/35's</p> <p>FITNESS:<br/>DB'S 35's/25's</p> | <p><b><u>STRENGTH</u></b><br/>TURKISH GET UP<br/>(10 X 1R/1L)</p> <p>NEW SET EVERY 1:00</p> <p>PICK A CHALLENGING<br/>WEIGHT FOR ALL 10<br/>SETS</p> <p><b><u>METCON</u></b><br/>5 ROUNDS<br/>FOR REPS</p> <p>:30 WALL WALKS</p> <p>REST :30</p> <p>:30 AB MAT SIT-UPS</p> <p>REST :30</p> <p>:30 CALORIE BIKE</p> <p>REST :30</p> <p>FITNESS:<br/>OPEN SCALED WALL<br/>WALK</p> |