

PROGRAMMING APRIL 8 - APRIL 14, 2024

STRINTH Description Desc	PRUGRAMMING APRIL 8 - APRIL 14, 2024							
DOX SQUAY 7 x 30 75% SOD/40DM R0W 400M R0W 40	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
DOX SQUAY TOX TIME: TOX TIME: TOX TIME: TOX	0			METCON	CTDENCTU		METCON	
SOUTH CLEAN								
New Set Every 1:00						BUX TO BUX COMP		
New Set Feven 1:00	7 x 3@ 75%		,	AMRAP X 30	7 X 3@ 75%		1600/1200M ROW	
METCON Rest 4:00 THE BODMAN To the Book The Bodman To the Book To the Bo	NEW SET EVERY 1:00		5x1	PARTNER 1:	NEW SET EVERY 1:00		MAX AB MAT SIT-UPS	
METCON EMON 12 Rest 4:00 THE GODMAN 12-96-3 Bace Cals	NEW BET EVERT 1.88	211000013	EVERY 2:00					
## MINUTE 1 ## ADD A RIN MINUTE 2 ## ADD A RIN MINUTE 2 ## ADD A RIN MINUTE 2 ## ADD A RIN MINUTE 3 ## ADD A RIN DPEN: 30/20 GHD 70/50's ## ADD ARIN PERFORMANCE: 20/4 50/24 50/25's FITNESS: 21 RINS ROWS 10/6 35/20's ## ADD RIN ADD RIN PERFORMANCE: 20/14 50/25's FITNESS: 21 RINS ROWS 10/6 35/20's ## ADD RIN ADD RIN PERFORMANCE: 20/14 50/25's FITNESS: 21 RINS ROWS 10/6 35/20's ## ADD RIN ADD RIN PERFORMANCE: 20/14 50/25's FITNESS: 21 RINS ROWS 10/6 35/20's ## ADD RIN ADD RIN PERFORMANCE: 20/14 50/25's FITNESS: 21 RINS ROWS 10/6 35/20's ## ADD RIN ADD RIN ADD RIN ADD RIN PERFORMANCE: 113/75 113/	METCON		EVERT 2.00		METCON		REST 3 MINUTES	
12-9-6-3 Size Cals 12-9-6-3 Size Cals 12-9-6-3 Size Cals 4DDM RUN 4DDM R		REST 4:00	THE GODMAN	PARTNER 2:				
## ADDM RUN ## ADDM RUN ## ADDM RUN ## HBPU ## BIKE CALS ## ADDM RUN ## BIKE CALS ## ATTER PARMER B				CAL ROW	50 DB DEVILS PRESS			
MINUTE 2 20 A8 MAT SIT-UP8 MINUTE 3 20 A8 MAT SIT-UP8 MINUTE 3 10 SUITASE REVERSE LUNGES UP9 20 HE ST 10 BAR MINUTE 3 10 SUITASE REVERSE LUNGES UP9 30/20 GP0 40 MINUTE 3135/95 GP1 135/95 GP1 13	MINUTE 1		BIKE CALS				1000/800M Row	
MINUTE 2 20 A6 MAT 6T-UP8 REST 4:00 POWER CLEANS DPEN: 10 SUITCABE REVERSE LUNGES LUNGES LUNGES DPEN: 30/20 GHD 70/50's DEN: 20/14 50/35's FITNESS: 10/6 33/20's ACCESSORY SEMI-STIFF LEGGED DB SUMP SUITEN ACCESSORY SEMI-STIFF LEGGED DB SUMP SUITEN AX 20 W DUMBBELL FLOOR PRESS A X 20 MAX 20 W STEP DOWN DOWNLET: DPEN: 115/75 135/95 155/105 155/105 155/105 155/105 155/105 155/105 155/105 155/105 155/105 155/105 155/105 155/105 155/105 155/105 155/105 155/105 155/105 155/105 165/105	20 WALLBALL							
Description		15 TOE TO BAR	HSPU					
MINUTE 3 10 SUITGASE REVERSE LUNGES 10 SUITGASE REVERSE LUNGES 11 S/75 13 S/95 10 DPEN: 30/20 GIFD 70/50's 15 SIATRAL BURPEES OVER THE DUMBBELLS PERFORMANCE: 11 S/75 13 S/95 13 S		D=== 4:00		CARRY - YOU SWITCH			W/ STEP DOWN	
MINUTE 3 10 SUITGASE REVERSE LUNGS 10 DPEN & PERFORMANCE: 115/75 135/95 155/105 15	20 AB MAT SIT-UPS	REST 4:00	POWER CLEANS	OBEN.			DEST 2 MINUTES	
Decided Row Sold/ADDM Row ADDM Row ADDM Row Sold/ADDM Row ADDM Ro	M						REST 2 MINOTES	
LINGES Q CHEST TO BAR 115/75 135/95 13			S 8 B		OVER THE DOMBBELLS		AMRAP x 4	
Den: 135/95 135/105				PERFORMANCE:	15 MIN CAP		500/400m Row	
Den: 30/20				KB's 53's/35's				
30/20	OPEN:	PULL-UPS					MAX RUSSIAN SWINGS	
GHD 70/50's 9MU 21 CHEST TO BAR 9 MU PERFORMANCE: 20/14 AS WRITTEN 55/45 56/55 75/65 PITNESS: 10/6 35/20's ACCESSORY SUMMIND PULL-UPS ACCESSORY SUMMIND PULL-UPS AC	30/20	OBEN:						
PERFORMANCE: 2D/14 5D/35's PERFORMANCE: AS WRITTEN DESIGNATED PERFORMANCE: AS WRITTEN DESIGNATED PERFORMANCE: AS WRITTEN SD/35's FITNESS: 1D/6 35/2D'S FITNESS: 21 RING ROWS 15 KNEES TO ELBOWS 9 JUMPING PULL-UPS ACCESSORY SEMI-STIFF LEGGED DB SUMD DEADLIFT 4 x 15 DUMBBELL FLOOR PRESS 4 x 20 W/ DUMBBELL FLOOR PRESS 4 x 20 FITNESS: EMPTY BARBELL 55/45 65/55 75/65 THIS WORKDUT WAS DREATED BY DUR AMAZING MEMBER TYLER GODMAN FOR HIS 4 YEAR ANNIVERSARY AT COLFAX STRONG!!! ACCESSORY SUPERSET PUBH-UPS ON A BAND 4 x 20 W/ DUMBBELL FLOOR PRESS 4 x 20 FITNESS: EMPTY BARBELL 55/45 DB (SINGLE) STEP UPS 2D' B(SINGLE) STEP UPS 2D' B(KB's 35's/250s			REST 1 MINUTES	
PERFORMANCE: 2D/14 5D/35's FITNESS: 1D/6 35/2D's ACCESSORY SUMD DEADLIFT 4 x 15 A x 2D W DUMBBELL FLOOR PRESS 4 x 2D FITNESS: 4 x 2D A x 2D FITNESS: 2D/14 5D/35's FITNESS: 21 RING ROWS 9 JUMPING PULL-UPS ACCESSORY SUMD DEADLIFT 4 x 15 A x 2D W DUMBBELL FLOOR PRESS 4 x 2D FITNESS: 2D/2D M ABAND 4 x 2D W DUMBBELL FLOOR PRESS A x 2D FITNESS: BM x 2D ACCESSORY SUMD DEADLIFT BD x A BAND A x x 2D W DUMBBELL FLOOR PRESS A x 2D FITNESS: BD x 2d/2D KB 35/25 SLAM BALL 3D/2D FITNESS: BD x 2d/2D KB 35/2D	70/50's		FITNESS:				A = M B ===	
20/14 50/35's AS WRITTEN AS WRIT				ACCECCODY				
AS WRITTEN AS WRITTEN AS WRITTEN AS WRITTEN AS WRITTEN AS WRITTEN FITNESS: 21 RING ROWS 35/20'S 9 JUMPING PULL-UPS ACCESSORY SEMI-STIFF LEGGED DB SUMD DEADLIFT 4 x 15 A 2 20 W/ DUMBBELL FLOOR PRESS 4 x 20 A 3 20 BO ALTERNATING LEGS 3 x 20 SCORE: TOTAL REPS SCORE: TOTAL REPS THIS WORKDUT WAS CREATED BY DUR AMAZING MEMBER TYLER GODMAN FOR HIS 4 YEAR ANNIVERSARY AT COLFAX STRONG!!! DUMBBELL FLOOR PRESS A x 20 PERFORMANCE: BOX 24/20 KB 53/25 SLAM BALL 30/20 FITNESS: BOX 24/20 KB 35/20 BO BOX ALTERNATING LEGS 3 x 20 SCORE: TOTAL REPS SCORE: TOTAL REPS SCORE: TOTAL REPS SCORE: TOTAL REPS DPEN: GHD BOX 30/24 KB 70/53 SLAM BALL 50/30 PERFORMANCE: BOX 24/20 KB 53/25 SLAM BALL 30/20 FITNESS: BOX 24/20 KB 35/20		PERFORMANCE:						
FITNESS: 10/6 35/20'S ACCESSORY Semi-Stiff Leaged DB SUMO Deadlift 4 x 15 ACCESSORY Dumbbell Floor Press 4 x 20 Dimbbell Floor Press 5 x 20 Dimbbell Floor Press 6 x 20 Dimbbell Floor Pr		AS WRITTEN					238/288W R8W	
FITNESS: 1 10/6 35/20'S ACCESSORY Semi-Stiff Legged DB Sumo Deadlift 4 x 15 A 2 1	50/355		75/65				MAX SLAM BALLS	
10/6 35/20'S ACCESSORY Semi-Stiff Legged DB Sumd Deadlift 4 x 15 ACCESSORY Dumbing Pull-ups ACCESSORY Supersett Push-ups on a Band 4 x 20 W/ Dumbbell Floor Press 4 x 20 Score: Total Reps Score: Total Reps CREATED BY DUR AMAZING MEMBER Tyler Godman for his 4 Year anniversary at Colfax Strong!!! CREATED BY DUR AMAZING MEMBER Tyler Godman for his 4 Year anniversary at Colfax Strong!!! Performance: Box 24/20 KB 35/20 Fitness: Box 24/20 KB 35/20	FITNESS:		THIS WORKDIT WAS					
ACCESSORY SEMI-STIFF LEGGED DB SUMO DEADLIFT 4 x 15 ACCESSORY DUMBBELL FLOOR PRESS 4 x 20 W/ DUMBBELL FLOOR PRESS A x 20 W/ DUMBBELL FLOOR PRESS BOX 24/20 KB 35/20	10/6						SCORE: TOTAL REPS	
ACCESSORY SEMI-STIFF LEGGED DB SUMD DEADLIFT 4 x 15 ACCESSORY SUPERSET PUSH-UPS ON A BAND 4 x 20 W/ DUMBBELL FLOOR PRESS 4 x 20 Fitness: Box 24/20 KB 35/20	35/20's							
ACCESSORY Sumo Deadlift 4 x 15 ACCESSORY Superset Push-ups On a Band 4 x 20 W/ Dumbbell Floor Press 4 x 20 Fitness: Box 30/24 KB 70/53 Slam Ball 50/30 Performance: Box 24/20 KB 53/25 Slam Ball 30/20 Fitness: Box 24/20 KB 35/20		9 DOMPING PULL-UPS	TYLER GODMAN FOR HIS 4					
SEMI-STIFF LEGGED DB SUPERSET PUSH-UPS ON A BAND 4 x 15 UM DUMBBELL FLOOR PRESS 4 x 20 KB 70/53 SLAM BALL 50/30 PERFORMANCE: BOX 24/20 KB 53/25 SLAM BALL 30/20 FITNESS: BOX 24/20 KB 35/20	ACCESSORY	ACCESSORY						
SUMO DEADLIFT 4 x 15 PUSH-UPS ON A BAND 4 x 20 W/ DUMBBELL FLOOR PRESS 4 x 20 KB 53/25 SLAM BALL 30/20 FITNESS: BOX 24/20 KB 35/20 KB 35/20			COLFAX STRONG!!!					
4 x 20								
W/ DUMBBELL FLOOR PRESS 4 x 20 6 53/25 SLAM BALL 30/20 FITNESS: BOX 24/20 KB 35/20 KB 35/20	4 x 15						SEAM BALL SOUND	
DUMBBELL FLOOR PRESS 4 x 20 KB 53/25 SLAM BALL 3D/2D FITNESS: BOX 24/2D KB 35/2D							PERFORMANCE:	
SLAM BALL 30/20 FITNESS: BOX 24/20 KB 35/20								
FITNESS: Box 24/20 KB 35/20		4 x 20						
Box 24/20 KB 35/20							SLAM BALL 30/20	
Box 24/20 KB 35/20							_	
KB 35/20								
SEAM BALE 20/10								
							514 54L 20/10	