



## PROGRAMMING APRIL 8 - APRIL 14, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b> BOX SQUAT 7 x 3@ 75%</p> <p>NEW SET EVERY 1:00</p> <p><b><u>METCON</u></b> EMOM x 12</p> <p>MINUTE 1 20 WALLBALL</p> <p>MINUTE 2 20 AB MAT SIT-UPS</p> <p>MINUTE 3 10 SUITCASE REVERSE LUNGES</p> <p>OPEN: 30/20 GHD 70/50's</p> <p>PERFORMANCE: 20/14 50/35's</p> <p>FITNESS: 10/6 35/20's</p> <p><b><u>ACCESSORY</u></b> SEMI-STIFF LEGGED DB SUMO DEADLIFT 4 x 15</p>	<p><b><u>METCON</u></b> FOR TIME: 500/400M ROW 400M RUN 21 PULL-UPS</p> <p>REST 4:00</p> <p>500/400M ROW 400M RUN 15 TOE TO BAR</p> <p>REST 4:00</p> <p>500/400M ROW 400M RUN 9 CHEST TO BAR PULL-UPS</p> <p>OPEN: 21 CHEST TO BAR 9 BMU</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 21 RING ROWS 15 KNEES TO ELBOWS 9 JUMPING PULL-UPS</p> <p><b><u>ACCESSORY</u></b> SUPERSET PUSH-UPS ON A BAND 4 x 20 w/ DUMBBELL FLOOR PRESS 4 x 20</p>	<p><b><u>HAKUNA MASQUATA</u></b> SQUAT CLEAN 5x1</p> <p>EVERY 2:00</p> <p><b><u>THE GODMAN</u></b> 12-9-6-3 BIKE CALS</p> <p>HSPU</p> <p>POWER CLEANS</p> <p>OPEN &amp; PERFORMANCE: 115/75 135/95 155/105 185/125</p> <p>FITNESS: EMPTY BARBELL 55/45 65/55 75/65</p> <p>THIS WORKOUT WAS CREATED BY OUR AMAZING MEMBER TYLER GODMAN FOR HIS 4 YEAR ANNIVERSARY AT COLFAX STRONG!!!</p>	<p><b><u>METCON</u></b> PARTNER WOD AMRAP x 30</p> <p>PARTNER 1: 200M FARMERS CARRY</p> <p>PARTNER 2: CAL ROW</p> <p>AFTER PARTNER 1 COMES IN FROM THE FARMERS CARRY - YOU SWITCH</p> <p>OPEN: KB's 70's/53's</p> <p>PERFORMANCE: KB's 53's/35's</p> <p>FITNESS: KB's 35's/250s</p> <p><b><u>ACCESSORY</u></b> DB (SINGLE) STEP UPS 20" BOX ALTERNATING LEGS 3 x 20</p>	<p><b><u>STRENGTH</u></b> BENCH PRESS 7 x 3@75%</p> <p>NEW SET EVERY 1:00</p> <p><b><u>METCON</u></b> FOR TIME: 50 DB DEVILS PRESS</p> <p>EVERY MINUTE ON THE MINUTE STARTING AT 1:00 COMPLETE: 5 LATERAL BURPEES OVER THE DUMBBELLS</p> <p>15 MIN CAP</p>	<p><b><u>NO CLASSES</u></b> BOX TO BOX COMP</p>	<p><b><u>METCON</u></b> AMRAP x 8 1600/1200M ROW</p> <p>MAX AB MAT SIT-UPS</p> <p>REST 3 MINUTES</p> <p>AMRAP x 6 1000/800M ROW</p> <p>MAX BOX JUMPS w/ STEP DOWN</p> <p>REST 2 MINUTES</p> <p>AMRAP x 4 500/400M ROW</p> <p>MAX RUSSIAN SWINGS</p> <p>REST 1 MINUTES</p> <p>AS MANY REPS AS POSSIBLE IN 2 MINUTES: 250/200M ROW</p> <p>MAX SLAM BALLS</p> <p>SCORE: TOTAL REPS</p> <p>OPEN: GHD Box 30/24 KB 70/53 SLAM BALL 50/30</p> <p>PERFORMANCE: Box 24/20 KB 53/25 SLAM BALL 30/20</p> <p>FITNESS: Box 24/20 KB 35/20 SLAM BALL 20/10</p>