



PROGRAMMING MAY 6 - MAY 12, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>STRENGTH AMCAP x 5 15-12-9 WALLBALL</p> <p>TOE TO BAR</p> <p>TIME REMAINING: MAX CALORIE BIKE</p> <p>REST 5 MINUTES</p> <p>AMCAP x 5 12-9-6 WALLBALL</p> <p>TOE TO BAR</p> <p>TIME REMAINING: MAX CALORIE BIKE</p> <p>REST 5 MINUTES</p> <p>AMCAP x 5 9-6-3 WALLBALL</p> <p>TOE TO BAR</p> <p>TIME REMAINING: MAX CALORIE BIKE</p> <p>SCORE: TOTAL CALORIES BIKED, SUM TOTALED ACROSS 3 SETS.</p> <p>CHALLENGE: 30/20</p> <p>PERFORMANCE: 20/14</p> <p>FITNESS: 10/6</p>	<p>STRENGTH CONVENTIONAL DEADLIFT: 9 x 3 @65%</p> <p>NEW SET EVERY :45</p> <p>NO TOUCH AND GO</p> <p>MOVE EACH REP EXPLOSIVELY</p> <p>METCON FOR TIME: BUY-IN: 1500/1350M ROW</p> <p>60 BOX JUMPS</p> <p>30 DEADLIFTS</p> <p>* PARTITION BOX & DEADLIFT HOWEVER</p> <p>CHALLENGE: 30/24 245/175</p> <p>PERFORMANCE: 24/20 205/155</p> <p>FITNESS: 24/20 165/105</p>	<p>CONDITIONING 6 x 400M RUN</p> <p>NEW SET EVERY 3:00</p> <p>METCON 15 MINUTES: EMOM x 15</p> <p>MINUTE 1 7 STRICT PULL-UPS</p> <p>MINUTE 2 15 PUSH-UPS</p> <p>MINUTE 3 20 AIR SQUATS</p> <p>CHALLENGE: WEIGHT VEST</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: BANDED STRICT PULL-UPS KNEE PUSH-UPS</p>	<p>METCON STANDING Z PRESS 9 x 3 AT 65%</p> <p>(PERCENTAGE IS OF THE SEATED Z PRESS)</p> <p>BAR IS AT EYE LEVEL OFF SPOTTER ARMS</p> <p>NEW SET EVERY 1:00</p> <p>METCON FOR TIME: 10-8-6-4-2: DUAL DUMBBELL SHOULDER TO OVERHEAD</p> <p>15/12 CALORIE BIKE</p> <p>10-8-6-4-2 SINGLE ARM ALTERNATING DUMBBELL DEVIL'S PRESS</p> <p>15/12 CALORIE BIKE</p> <p>CHALLENGE: 50'S/35'S</p> <p>PERFORMANCE: 50'S/35'S</p> <p>FITNESS: 35'S/20'S</p>	<p>METCON FOR MAX REPS AT EACH STATION: TABATA ROW CALORIES</p> <p>REST 1 MINUTE</p> <p>TABATA ABMAT SIT-UPS</p> <p>REST 1 MINUTE</p> <p>TABATA LUNGES</p> <p>REST 1 MINUTE</p> <p>TABATA BOX JUMP OVERS</p> <p>REST 1 MINUTE</p> <p>TABATA RUSSIAN SWINGS</p> <p>CHALLENGE: GHD 30/24" KB 70/53</p> <p>PERFORMANCE: 24/20" WEIGHTED SIT-UPS KB 53/35</p> <p>FITNESS: 24/20" KB 35/20</p>	<p>METCON "SISSON" AMRAP x 20 1 ROPE CLIMB</p> <p>5 BURPEES</p> <p>200M RUN</p> <p>CHALLENGE: WEIGHT VEST</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 3 STRICT JUMPING PULL-UPS</p> <p>CHALLENGE: KB'S 70'S/53'S DB 70/50 SANDBAG 150/100</p> <p>PERFORMANCE: KB'S 53'S/35'S DB 50/35 SANDBAG 100/75</p> <p>FITNESS: KB'S 35'S/2'S DB 35/20 SANDBAG 75/50</p> <p>METCON TABATA "MIDLINE" (8:00) 4X CYCLE THROUGH 20S ON/10S OFF SIDE PLANK (RIGHT)</p> <p>SIDE PLANK (LEFT)</p> <p>HOLLOW HOLD</p> <p>FOREARM PLANK</p> <p>ROTATE EXERCISE'S EACH INTERVAL</p>	<p>METCON FOR TIME: 200M FARMERS CARRY</p> <p>10 SANDBAG OVER THE SHOULDER</p> <p>10/10 SINGLE DB DEADLIFTS</p> <p>10/10 SINGLE DB ALT HANG CLEANS</p> <p>20 SINGLE DB BOX STEP-UPS</p> <p>200M FARMERS CARRY</p> <p>CHALLENGE: KB'S 70'S/53'S DB 70/50 SANDBAG 150/100</p> <p>PERFORMANCE: KB'S 53'S/35'S DB 50/35 SANDBAG 100/75</p> <p>FITNESS: KB'S 35'S/2'S DB 35/20 SANDBAG 75/50</p> <p>METCON TABATA "MIDLINE" (8:00) 4X CYCLE THROUGH 20S ON/10S OFF SIDE PLANK (RIGHT)</p> <p>SIDE PLANK (LEFT)</p> <p>HOLLOW HOLD</p> <p>FOREARM PLANK</p> <p>ROTATE EXERCISE'S EACH INTERVAL</p>