



PROGRAMMING JULY 15 - JULY 21, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> BACK SQUAT 9 x 3 @ 65% :2S PAUSE AT BOTTOM</p> <p>EVERY :45S</p> <p>BE EXPLOSIVE AT OUT OF THE BOTTOM</p> <p><u>METCON</u> FOR TIME: RUN 1000M</p> <p>50 WALLBALL</p> <p>30 BURPEE BOX JUMPS</p> <p>CHALLENGE & PERFORMANCE: 20/14 24"/20"</p> <p>FITNESS: 10/6</p> <p>30 BURPEES W/ STEP-UP</p>	<p><u>METCON</u> AMRAP x 30 BIKE 20/15 CALS</p> <p>20 RUSSIAN SWINGS</p> <p>40' FARMERS CARRY</p> <p>20 AB MAT SIT-UPS</p> <p>40' FARMERS CARRY</p> <p>CHALLENGE: KB'S 70/53'S GHD</p> <p>PERFORMANCE: KB'S 53'S/35'S</p> <p>FITNESS: KB'S 35'S/20'S</p>	<p><u>STRENGTH</u> BARBELL SKULL CRUSHERS NEW SET EVERY 2:00</p> <p>5-3-2-2-1-1-1</p> <p>THIS IS MAXIMAL CONTRACTION AND EXTENSION OF THE TRICEP</p> <p><u>METCON</u> 5 ROUNDS FOR TIME: 30 DOUBLE UNDERS</p> <p>9 SHOULDER TO OVERHEAD</p> <p>30 DOUBLE UNDERS</p> <p>9 TOE TO BAR</p> <p>CHALLENGE: 135/95</p> <p>PERFORMANCE: 115/75</p> <p>FITNESS: 95/65</p> <p>50 SINGLES STRAIGHT LEG KIPS</p>	<p><u>METCON</u> TABATA 1: SINGLE DUMBBELL BOX STEP-UPS</p> <p>REST 1 MINUTE</p> <p>TABATA 2: L-HANG</p> <p>REST 1 MINUTE</p> <p>TABATA 3: RING ROWS FEET DIRECTLY UNDER RINGS, RINGS AT HIP HEIGHT, LEAN BACK</p> <p>REST 1 MINUTE</p> <p>TABATA 4: HANDSTAND HOLD</p> <p>REST 1 MINUTE</p> <p>TABATA ROW</p> <p>CHALLENGE: DB 70/50 FREESTANDING HANDSTAND HOLD</p> <p>PERFORMANCE: DB 50/35</p> <p>FITNESS: DB 35/20</p>	<p><u>STRENGTH</u> TOUCH AND GO POWER CLEAN 3-3-3-3-3</p> <p>NEW SET EVERY 1:30</p> <p>BUILD TO MODERATE HEAVY TOUCH AND GO TRIPLE</p> <p><u>METCON</u> FOR TIME: 15-12-9 DEADLIFT</p> <p>BURPEE</p> <p>REST 3:00</p> <p>12-9-6 HANG POWER CLEAN</p> <p>LATERAL BURPEE OVER BAR</p> <p>REST 3:00</p> <p>9-6-3 POWER CLEAN</p> <p>BAR FACING BURPEE</p> <p>SCORE TOTAL TIME INCLUDING REST</p> <p>CHALLENGE: 185/125</p> <p>PERFORMANCE: 135/95</p> <p>FITNESS: 95/65</p>	<p><u>METCON</u> NANCY 5 ROUNDS FOR TIME: 400M RUN</p> <p>15 OVERHEAD SQUATS 95/65</p> <p>FITNESS: 75/55</p> <p><u>ACCESSORY</u> CHOOSE ONE OF THE FOLLOWING REP SCHEMES: 3 SETS OF 9 UNBROKEN MUSCLE-UPS</p> <p>4 SETS OF 7 UNBROKEN MUSCLE-UPS</p> <p>5 SETS OF 5 UNBROKEN MUSCLE-UPS</p> <p>6 SETS OF 3 UNBROKEN MUSCLE-UPS</p> <p>REST AS NEEDED BETWEEN SETS</p> <p>CHOOSE BETWEEN BAR OR RING</p>	<p><u>METCON</u> FOR INDIVIDUAL TIMES: @0:00: 500/400 METER ROW</p> <p>@3:00: 24/18 CALORIE BIKE</p> <p>@6:00: 500/400 METER ROW</p> <p>@9:00: 24/18 CALORIE BIKE</p> <p>@12:00: 500/400 METER ROW</p> <p>@15:00: 24/18 CALORIE BIKE</p> <p>@18:00: 500/400 METER ROW</p> <p>@21:00: 24/18 CALORIE BIKE</p> <p>@24:00: 500/400 METER ROW</p> <p>@27:00: 24/18 CALORIE BIKE</p> <p>SCORE TIME FROM EACH INTERVAL INDIVIDUALLY</p> <p>REPEAT FROM JUNE 26TH 2022, + JULY 23RD 2023</p> <p><u>ACCESSORY</u> EMOM x 8 ODD MINUTES: 50 DOUBLE UNDERS/75 SINGLES</p> <p>EVEN MINUTES: 20 AMAT SITUPS/ 12 GHD</p>