



PROGRAMMING SEPTEMBER 16 - SEPTEMBER 23, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> STRICT PRESS IN A 12:00 WINDOW 5-7 SETS (CLIMBING): 1 STRICT PRESS</p> <p><u>METCON</u> "TASKMASTER" AMRAP 12: 15/12 CALORIE BIKE 9 POWER CLEANS 15/12 CALORIE BIKE 9 PUSH JERKS</p> <p>CHALLENGE: 155/105</p> <p>PERFORMANCE: 135/95</p> <p>FITNESS: 75/55</p>	<p><u>METCON</u> "PARTI TIME" FOR TIME: 300 DOUBLE UNDERS 2 MILE RUN 100 TOES TO BAR * PARTITION HOWEVER YOU'D LIKE</p> <p>TIME CAP: 40 MINUTES</p> <p>CHALLENGE & PERFORMANCE: AS WRITTEN</p> <p>FITNESS: TOES TO TARGET</p>	<p><u>STRENGTH</u> DEADLIFT IN A 12:00 WINDOW 5-7 SETS (CLIMBING): 1 DEADLIFT</p> <p><u>METCON</u> "THUMB WAR" 3 ROUNDS: 15 DEADLIFTS 10 DUMBBELL FRONT SQUATS 100M KB FARMER'S CARRY</p> <p>TIME CAP: 15 MINUTES</p> <p>CHALLENGE: 70/50 DBs 70/53 KBs 225/155</p> <p>PERFORMANCE: 50/35 DBs 53/35 KBs 185/125</p> <p>FITNESS: 25/15 DB 25/15 KB 135/95</p>	<p><u>METCON</u> "ROARING TWENTIES" ON THE 2:00 X 10 ROUNDS: 10 V UPS 10-1 LATERAL BURPEES OVER STRIP MAX CALORIE ROW</p> <p>* SCORE TOTAL CALORIES</p> <p>CHALLENGE & PERFORMANCE: AS WRITTEN</p> <p>FITNESS: AB MAT SIT UPS</p>	<p><u>STRENGTH PT 1:</u> "ONESIES" BACK SQUAT IN A 12:00 WINDOW 5-7 SETS (CLIMBING): 1 BACK SQUAT</p> <p><u>STRENGTH PT 2:</u> IN A 10:00 WINDOW WEIGHTED STRICT PULL- UP HEAVY SINGLE</p> <p><u>MILE BENCHMARK:</u> 1 MILE RUN FOR TIME TIME CAP: 12 MINUTES</p>	<p><u>METCON</u> "JACK" (HERO) AMRAP 20: 10 PUSH PRESS 10 KETTLEBELL SWINGS 10 BOX JUMPS</p> <p>CHALLENGE & PERFORMANCE: 115/85 53/35 24/20"</p> <p>FITNESS: 65/45 25/15 JUMP TO PLATES</p>	<p><u>METCON</u> "NIC-KNACK" 10 ROUNDS FOR TOTAL REPS: 400 METER RUN MAX UNBROKEN STRICT PULL-UPS</p> <p>TIME CAP: 35 MINUTES</p> <p>CHALLENGE & PERFORMANCE: AS WRITTEN</p> <p>FITNESS: RING ROWS</p>