



PROGRAMMING SEPTEMBER 2 - SEPTEMBER 8, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p style="text-align: center;"><u>LABOR DAY!</u> <u>NO CLASSES</u></p>	<p style="text-align: center;"><u>METCON</u> STRICT PRESS IN A 12:00 WINDOW 5-7 BUILDING SETS OF 3 REPS * 5 SECOND NEGATIVE</p> <p>* AIM TO INCREASE WEIGHT FROM 7/22/24</p> <p style="text-align: center;"><u>METCON</u> "GOING DOWN SWINGING"</p> <p style="text-align: center;">ON THE 3:00 X 6 ROUNDS:</p> <p style="text-align: center;">12 PULL-UPS 18/14 CAL BIKE 12 DUMBBELL SNATCHES</p> <p style="text-align: center;">CHALLENGE: 70/50</p> <p style="text-align: center;">PERFORMANCE: 50/35</p> <p style="text-align: center;">FITNESS: 4 PULL UP NEGATIVES 25/25</p>	<p style="text-align: center;"><u>STRENGTH</u> BACK SQUAT IN A 12:00 WINDOW 5-7 BUILDING SETS OF 3 REPS * 5 SECOND NEGATIVE</p> <p>* AIM TO INCREASE WEIGHT FROM 7/26/24</p> <p style="text-align: center;"><u>METCON</u> "SMOKE ON THE WATER"</p> <p style="text-align: center;">1 ROUND: 21 RING DIPS 21 FRONT SQUATS</p> <p style="text-align: center;">THEN...</p> <p style="text-align: center;">1,000/900 METER ROW</p> <p style="text-align: center;">3 ROUNDS: 7 RING DIPS 7 FRONT SQUATS</p> <p style="text-align: center;">THEN...</p> <p style="text-align: center;">1,000/900 METER ROW</p> <p style="text-align: center;">7 ROUNDS: 3 RING DIPS 3 FRONT SQUATS</p> <p style="text-align: center;">TIME CAP: 18 MINUTES</p> <p style="text-align: center;">CHALLENGE: 95/65 STRICT DIPS</p> <p style="text-align: center;">PERFORMANCE: 75/55 KIPPING DIPS</p> <p style="text-align: center;">FITNESS: 65/45 BENCH/BOX DIPS</p>	<p style="text-align: center;"><u>METCON</u> "GAS PEDAL"</p> <p style="text-align: center;">FOR TIME: [BUY-IN]:</p> <p style="text-align: center;">200 METER FARMERS CARRY</p> <p style="text-align: center;">4 ROUNDS: 60 DOUBLE UNDERS 25/20 CALORIE BIKE 15 TOES TO BAR</p> <p style="text-align: center;">[CASH-OUT]: 200 METER FARMERS CARRY</p> <p style="text-align: center;">TIME CAP: 30 MINUTES</p> <p style="text-align: center;">CHALLENGE: 70/53</p> <p style="text-align: center;">PERFORMANCE: 53/35</p> <p style="text-align: center;">FITNESS: 35/25 KNEE RAISES 20/16 CAL BIKE</p>	<p style="text-align: center;"><u>STRENGTH</u> DEADLIFT IN A 12:00 WINDOW 5-7 BUILDING SETS OF 3 REPS * 5 SECOND NEGATIVE</p> <p>* AIM TO INCREASE WEIGHT FROM 7/24/24</p> <p style="text-align: center;"><u>METCON</u> "TO-DO LIST"</p> <p style="text-align: center;">ON THE MINUTE X 10: 15 PUSH-UPS MAX POWER CLEANS</p> <p style="text-align: center;">REST 3 MINUTES</p> <p style="text-align: center;">AMRAP 5: MAX CALORIE ROW</p> <p style="text-align: center;">CHALLENGE: 8 STRICT HSPU 155/105</p> <p style="text-align: center;">PERFORMANCE: 135/95</p> <p style="text-align: center;">FITNESS: KNEE PUSH UPS 95/65</p>	<p style="text-align: center;"><u>METCON</u> "KELLY" [BENCHMARK]</p> <p style="text-align: center;">5 ROUNDS FOR TIME: 400 METER RUN 30 WALLBALLS 30 BOX JUMPS</p> <p style="text-align: center;">TIME CAP: 40 MINUTES</p> <p style="text-align: center;">CHALLENGE & PERFORMANCE: 20/14 24/20"</p> <p style="text-align: center;">FITNESS: 14/10 JUMP TO PLATE</p>	<p style="text-align: center;"><u>METCON</u> "SPINDRIFT"</p> <p style="text-align: center;">5 ROUNDS 40 SIT UPS 30 LUNGES 20 KB SWINGS 100FT SLED PUSH</p> <p style="text-align: center;">TIME CAP: 30 MINUTES</p> <p style="text-align: center;">CHALLENGE: 70/53 90/70</p> <p style="text-align: center;">PERFORMANCE: 53/35 70/45</p> <p style="text-align: center;">FITNESS: 35/25 45/25</p>