



PROGRAMMING SEPTEMBER 30 - OCTOBER 6, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>STRENGTH</b> BENCH PRESS 5-7 SETS (CLIMBING): IN 12:00 3 BENCH PRESS * 3 SECOND PAUSE * AIM TO INCREASE WEIGHT FROM 8/19/24</p> <p><b>METCON</b> "CHIPPER GONE BAD" AMRAP 18: 100 WALLBALLS 80 DUMBBELL SNATCHES 60 BOX JUMPS 40 DUMBBELL PUSH PRESS MAX CALORIE ROW</p> <p><b>CHALLENGE:</b> HSPU INSTEAD OF PUSH PRESS BOX JUMP OVERS 50/35s 24/20 24/20</p> <p><b>PERFORMANCE:</b> AS WRITTEN 50/35s 24/20 20/14</p> <p><b>FITNESS:</b> 35/20 JUMP TO PLATES</p>	<p><b>METCON</b> "30 FOR 30" FOR TIME: 21-18-15-12-9 PULL-UPS 20/16 CAL BIKE 9-12-15-18-21 TOES TO BAR 20/16 CAL BIKE</p> <p>TIME CAP: 30 MINUTES</p> <p><b>CHALLENGE:</b> CHEST TO BAR PULL UPS</p> <p><b>PERFORMANCE:</b> AS WRITTEN</p> <p><b>FITNESS:</b> 7-6-5-4-3 PULL UP NEGATIVES HANGING KNEE RAISES</p>	<p><b>STRENGTH</b> SUMO DEADLIFT 5-7 SETS (CLIMBING): IN 12:00 3 SUMO DEADLIFTS 3 SECOND PAUSE BELOW KNEE AIM TO INCREASE WEIGHT FROM 8/21/24</p> <p><b>METCON</b> "DADDY GOES SURFING" 21-15-9: DEADLIFTS 400 METER RUN</p> <p>DIRECTLY INTO...</p> <p>3 ROUNDS: 12 BURPEES 400M RUN</p> <p>TIME CAP: 18 MINUTES</p> <p><b>CHALLENGE &amp; PERFORMANCE:</b> 225/155</p> <p><b>FITNESS:</b> 135/95</p>	<p><b>METCON</b> "THE GRIDDY" FOR TIME: 90 DB BOX STEP-UPS 45 PUSH JERKS 15 ROPE CLIMBS</p> <p>PARTITION HOWEVER YOU'D LIKE</p> <p>TIME CAP: 25 MINUTES</p> <p><b>CHALLENGE:</b> 50/35 135/95 20"</p> <p><b>PERFORMANCE:</b> 50/35 115/75 20"</p> <p><b>FITNESS:</b> 35/20 75/55</p> <p>STEP UP TO PLATES ROPE CLAMP AND STAND</p>	<p><b>STRENGTH</b> FRONT SQUAT 5-7 SETS (CLIMBING): IN 12:00 3 FRONT SQUATS 3 SECOND PAUSE AIM TO INCREASE WEIGHT FROM 8/23/24</p> <p><b>METCON</b> "WASTING AWAY" FOR TIME: 10-8-6-4-2 HANG POWER CLEANS</p> <p>100-80-60-40-20 DOUBLE UNDERS</p> <p>25-20-15-10-5 BIKE CALS</p> <p>WOMEN'S CALS: 20-16-12-8-4</p> <p>TIME CAP: 18 MINUTES</p> <p><b>CHALLENGE:</b> 155/105</p> <p><b>PERFORMANCE:</b> 135/95</p> <p><b>FITNESS:</b> 95/65</p>	<p><b>METCON</b> "TEAM CHUCK HEAVY" [HERO] FOR TIME: 1 MILE ROW 100 PUSH-UPS 1 MILE RUN 100 THRUSTERS 1 MILE ROW</p> <p>TEAMS OF 2</p> <p>* SPLIT: ROWS &amp; RUNS. SWITCH EVERY 200 (4X EACH)</p> <p>TOGETHER: PUSH-UPS &amp; THRUSTERS *EACH PARTNER HAS OWN BARBELL. CAN WORK AT THE SAME TIME ON BOTH STATIONS. FIRST PARTNER TO FINISH CAN ADVANCE TO NEXT STATION.</p> <p>TIME CAP: 40 MINUTES</p> <p><b>CHALLENGE &amp; PERFORMANCE:</b> 45/35</p> <p><b>FITNESS:</b> 35/25</p>	<p><b>METCON</b> "NO IFS, ANDS, OR BUTTS" 3 ROUNDS FOR TIME: 50 ABMAT SIT-UPS 30 SHUTTLE RUNS 150' WALKING LUNGE</p> <p>TIME CAP: 25 MINUTES</p> <p><b>ACCESSORY</b> "BULLETPROOF SHOULDERS" 3 ROUNDS: 8 SINGLE DUMBBELL ARNOLD PRESS (R)</p> <p>50' DUMBBELL OVERHEAD CARRY (R)</p> <p>8 SINGLE DUMBBELL ARNOLD PRESS (L)</p> <p>50' DUMBBELL OVERHEAD CARRY (L)</p> <p>REST 1 MINUTE BETWEEN ROUNDS</p>