



## PROGRAMMING SEPTEMBER 9 - SEPTEMBER 15, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b>            STRICT PRESS            IN A 12:00 WINDOW            5-7 BUILDING SETS OF 3 REPS            * 3 SECOND PAUSE            * AIM TO INCREASE WEIGHT FROM 7/29/24</p> <p><b><u>METCON</u></b>            "DIME A DOZEN"            AMRAP 12:            9 HANG POWER CLEANS            6 THRUSTERS            30 DOUBLE UNDERS</p> <p><b>CHALLENGE:</b>            115/85</p> <p><b>PERFORMANCE:</b>            95/65</p> <p><b>FITNESS:</b>            65/45            45 SINGLE UNDERS</p>	<p><b><u>METCON</u></b>            "HEAT OF THE MOMENT"            4 ROUNDS FOR TIME:            400 METER RUN            15 BURPEE PULL-UPS            30/24 CAL BIKE</p> <p>REST 1 MINUTE BETWEEN EACH STATION</p> <p>TIME CAP: 40 MINUTES</p> <p><b>CHALLENGE:</b>            8 BAR MUSCLE UPS</p> <p><b>PERFORMANCE:</b>            AS WRITTEN</p> <p><b>FITNESS:</b>            BURPEE JUMPING PULL UPS</p>	<p><b><u>STRENGTH</u></b>            DEADLIFT            IN A 12:00 WINDOW            5-7 BUILDING SETS OF 3 REPS            * 3 SECOND PAUSE            * AIM TO INCREASE WEIGHT FROM 7/31/24</p> <p><b><u>METCON</u></b>            "9/11"            FOR TIME:            2,001 METER ROW            110 DUMBBELL BOX STEP-UPS</p> <p>TIME CAP: 20 MINUTES</p> <p>120/96 CAL ECHO BIKE SUB</p> <p><b>CHALLENGE &amp; PERFORMANCE:</b>            50/35            20" BOX FOR ALL</p> <p><b>FITNESS:</b>            25/15            STEP UP TO PLATE(S)</p>	<p><b><u>METCON</u></b>            "PROHIBITION"            AMRAP 20:            200 METER RUN            MAX UNBROKEN TOES TO BAR</p> <p>200 METER RUN            MAX UNBROKEN PUSH-UPS</p> <p>* SCORE TOTAL REPS</p> <p><b>CHALLENGE:</b>            STRICT HSPU</p> <p><b>PERFORMANCE:</b>            AS IS</p> <p><b>FITNESS:</b>            KNEE RAISES            KNEE PUSH UPS</p>	<p><b><u>STRENGTH</u></b>            BACK SQUAT            IN A 12:00 WINDOW            5-7 BUILDING SETS OF 3 REPS            * 3 SECOND PAUSE            * AIM TO INCREASE WEIGHT FROM 8/2/24</p> <p><b><u>METCON</u></b>            ON THE MINUTE X 5:            10 WALLBALLS            MAX HANG POWER SNATCHES</p> <p>-REST 1 MINUTE-</p> <p>ON THE MINUTE X 4:            10 WALLBALLS            MAX POWER SNATCHES</p> <p>-REST 1 MINUTE-</p> <p>ON THE MINUTE X 3:            10 WALLBALLS            MAX OVERHEAD SQUATS</p> <p><b>CHALLENGE:</b>            20/14            115/85</p> <p><b>PERFORMANCE:</b>            20/14            95/65</p> <p><b>FITNESS:</b>            14/10            65/45</p>	<p><b><u>METCON</u></b>            "TEAM SMALL"            IN TEAMS OF 2</p> <p>3 ROUNDS FOR TIME:            1,000 METER ROW            50 BURPEES            50 BOX JUMPS            800 METER TEAM RUN</p> <p>TIME CAP: 45 MINUTES</p> <p>ONE ROWER PER TEAM</p> <p>SPLIT ROW, BURPEES, AND BOX JUMPS AS YOU'D LIKE</p> <p>RUN TOGETHER</p> <p><b>CHALLENGE &amp; PERFORMANCE:</b>            24/20"</p> <p><b>FITNESS:</b>            JUMP TO PLATE(S)</p>	<p><b><u>METCON</u></b>            "DON'T SWEAT IT"            EMOM x 32:            MINUTE 1: MAX BIKE CALORIES</p> <p>MINUTE 2: MAX ABMAT SIT-UPS</p> <p>MINUTE 3: MAX DUMBBELL BENCH PRESS</p> <p>MINUTE 4: REST</p> <p><b>CHALLENGE &amp; PERFORMANCE:</b>            50S/35S</p> <p><b>FITNESS:</b>            25S/15S</p>