



PROGRAMMING OCTOBER 21 - OCTOBER 27, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> STRICT PRESS IN A 12 MINUTE WINDOW 3-5 SETS [CLIMBING]</p> <p>HEAVY SET OF 10 REPEAT FROM 10/14/24</p> <p><u>METCON</u> "PIGGYBACK" 18-15-12: DB HANG SNATCHES (R) ECHO BIKE CALORIES DB HANG SNATCHES (L) ECHO BIKE CALORIES</p> <p>DIRECTLY INTO...</p> <p>12/10 BAR MUSCLE-UPS</p> <p>CHALLENGE: 70/50 12 BAR MUSCLE UPS</p> <p>PERFORMANCE: 50/35 21 CHEST TO BAR</p> <p>FITNESS: 35/25 PULL UP NEGATIVES</p> <p>TIME CAP: 18 MINUTES</p>	<p><u>METCON</u> AMRAP 3 (UNTIL 2,000/1600 ROW METERS): OR [120/84 CAL BIKE]: 5 TOES TO BAR 10 KETTLEBELL SWINGS 15/12 PUSH-UPS MAX DISTANCE ROW/BIKE</p> <p>TIME CAP: 30 MINUTES</p> <p>CHALLENGE: 70/53</p> <p>PERFORMANCE: 53/35</p> <p>FITNESS: 35/25</p>	<p><u>STRENGTH</u> DEADLIFT IN A 15 MINUTE WINDOW 3-5 SETS [CLIMBING]</p> <p>HEAVY SET OF 10 REPEAT FROM 10/16/24</p> <p><u>METCON</u> "BACK TO THE BAR" FOR TIME: 60 DOUBLE UNDERS, 30 DEADLIFTS 60 DOUBLE UNDERS, 15 HANG POWER CLEANS 60 DOUBLE UNDERS, 30 DEADLIFTS 60 DOUBLE UNDERS, 15 HANG POWER CLEANS 60 DOUBLE UNDERS, 30 DEADLIFTS</p> <p>CHALLENGE & PERFORMANCE: 135/95</p> <p>FITNESS: 115/85</p> <p>TIME CAP: 18 MINUTES</p>	<p><u>METCON</u> "TEAM TOSH SPRINTS" 3 ROUNDS FOR TIME: P1: 200 METER RUN P2: 200 METER RUN P1: 400 METER RUN P2: 400 METER RUN P1: 600 METER RUN P2: 600 METER RUN</p> <p>TIME CAP: 40 MINUTES</p>	<p><u>STRENGTH</u> BACK SQUAT IN A 15 MINUTE WINDOW 3-5 SETS [CLIMBING]</p> <p>HEAVY SET OF 10 REPEAT FROM 10/18/24</p> <p><u>METCON</u> "RAHOI" [HERO] AMRAP 12: 12 BOX JUMPS 6 THRUSTERS 6 BAR-FACING BURPEES</p> <p>CHALLENGE & PERFORMANCE: 95/65 24"/20"</p> <p>FITNESS: 75/55 20"/20"</p>	<p><u>METCON</u> "HALF THE BATTLE" [TEAMS OF 2] 3 ROUNDS EACH: 21/15 CALORIE ROW 12 TOES TO BAR 9 POWER SNATCHES</p> <p>DIRECTLY INTO...</p> <p>3 ROUNDS EACH: 21/15 CALORIE ROW 12 TOES TO BAR 9 POWER CLEANS</p> <p>TIME CAP: 35 MINUTES</p> <p>PARTNERS SWITCH EVERY ROUND*</p> <p>CHALLENGE: & PERFORMANCE: 115/85 135/95</p> <p>FITNESS: 75/55 95/65</p>	<p><u>METCON</u> "GOBSTOPPER" 4 ROUNDS FOR TIME: 400M RUN 20 GOBLET REVERSE LUNGES 100M SINGLE ARM FARMERS CARRY</p> <p>CHALLENGE: 60/40</p> <p>PERFORMANCE: 50/35</p> <p>FITNESS: 35/25</p> <p>TIME CAP: 25 MINUTES</p>