



PROGRAMMING OCTOBER 28 - NOVEMBER 03, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> BENCH PRESS IN A 12 MINUTE WINDOW 3-5 SETS [CLIMBING]</p> <p>HEAVY SET OF 10</p> <p><u>METCON</u> "16 CANDLES" AMRAP 16: 12 BURPEES 60 DOUBLE UNDERS 30/24 CAL BIKE</p> <p>CHALLENGE & PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 90 SINGLE UNDERS</p>	<p><u>METCON</u> "SPLIT ENDS" AMRAP 5: 15 DB PUSH PRESS 400 METER RUN 15 PULL-UPS MAX CALORIE ROW</p> <p>REST 5 MINUTES</p> <p>AMRAP 5: 12 DB FRONT SQUATS 400 METER RUN 12 CHEST-TO-BAR PULL-UPS MAX CALORIE ROW</p> <p>REST 5 MINUTES</p> <p>AMRAP 5: 9 DB THRUSTERS 400 METER RUN 9 BAR MUSCLE-UPS MAX CALORIE ROW</p> <p>CHALLENGE: 50S/35S STRICT PULL-UPS, C2B, BMU'S</p> <p>PERFORMANCE: 50S/35S STRICT PULL-UPS, KIPPING PULL-UPS, C2B</p> <p>FITNESS: 35S/20S SEATED RING PULL-UPS, JUMPING PULL-UPS, PULL-UP NEGATIVES</p>	<p><u>STRENGTH</u> SUMO DEADLIFT IN A 15 MINUTE WINDOW 3-5 SETS [CLIMBING]</p> <p>HEAVY SET OF 10</p> <p><u>METCON</u> "OPEN 11.2" AMRAP 15: 9 DEADLIFTS 12 PUSH-UPS 15 BOX JUMPS</p> <p>CHALLENGE & PERFORMANCE: 155/105 24"/20"</p> <p>FITNESS: 115/85 20"/20"</p>	<p><u>METCON</u> "JACK-O-LANTERN" 3 ROUNDS FOR TIME: 1,000 METER RUN 50 ABMAT SIT-UPS 300' SANDBAG BEARHUG CARRY</p> <p>TIME CAP: 30 MINUTES</p> <p>CHALLENGE: 20 GHD SIT-UPS 150/100</p> <p>PERFORMANCE: 100/75</p> <p>FITNESS: 75/50</p>	<p><u>STRENGTH</u> FRONT SQUAT IN A 15 MINUTE WINDOW 3-5 SETS [CLIMBING]</p> <p>HEAVY SET OF 10</p> <p><u>METCON</u> "SQUARE ROOT" AMRAP 12: 12 DB BOX STEP-UPS 6 SINGLE ARM DEVIL'S PRESS</p> <p>ON THE 0-4-8: 500/450 METER ROW</p> <p>CHALLENGE: 12 DUAL DB BOX STEP-UPS 24"/20" 6 DUAL DB DEVIL'S PRESS 50S/35S</p> <p>PERFORMANCE: 12 SINGLE DB BOX STEP-UPS 24"/20" 6 SINGLE ARM DEVIL'S PRESS 50/35</p> <p>FITNESS: 12 SINGLE DB BOX STEP-UPS 20"/20" 6 SINGLE ARM DEVIL'S PRESS 35/25</p>	<p><u>12 HR HERO WOD</u></p>	<p><u>SOBER SUNDAY EVENT</u></p>