



## PROGRAMMING OCTOBER 7 - OCTOBER 13, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b>            BENCH PRESS            IN A 12:00 WINDOW            5-7 SETS (CLIMBING):</p> <p style="text-align: center;">1 BENCH PRESS</p> <p><b><u>METCON</u></b>            "DOUBLE BOGEY"            AMRAP 15:            15/12 CAL BIKE</p> <p>30 KETTLEBELL SWINGS            60 DOUBLE UNDERS</p> <p>CHALLENGE:            70/53</p> <p>PERFORMANCE:            53/35</p> <p>FITNESS:            44/25            90 SINGLE UNDERS</p>	<p><b><u>METCON</u></b>            "HOLBROOK" (HERO)            10 ROUNDS            FOR TIME:            5 THRUSTERS            10 PULL-UPS            100 METER SPRINT</p> <p style="text-align: center;">REST 1 MINUTE</p> <p style="text-align: center;">TIME CAP: 30 MINS</p> <p>CHALLENGE &amp;            PERFORMANCE:            115/85</p> <p>FITNESS:            75/45            10 SEATED RING            PULL UPS</p>	<p><b><u>STRENGTH</u></b>            SUMO DEADLIFT            IN A 12:00 WINDOW            5-7 SETS (CLIMBING):</p> <p style="text-align: center;">1 SUMO DEADLIFT</p> <p><b><u>METCON</u></b>            "TIME AND A HALF"            FOR TIME:            40-30-20-10            DUMBBELL SNATCHES            20-15-10-5            BURPEE BOX JUMPS</p> <p style="text-align: center;">TIME CAP: 18 MINS</p> <p>CHALLENGE:            10 DB SNATCHES            EACH RND 70/53</p> <p>PERFORMANCE:            AS WRITTEN</p> <p>FITNESS:            35/20            BURPEE BOX STEP UPS            20/20"</p>	<p><b><u>METCON</u></b>            "DO NOT DISTURB"            2 ROUNDS            FOR TIME:            1,000/900 METER ROW            40 TOES TO BAR</p> <p style="text-align: center;">EVERY 2 MINUTES            (STARTING AT 0:00):            200 METER RUN</p> <p style="text-align: center;">TIME CAP: 40 MINS</p>	<p><b><u>STRENGTH</u></b>            FRONT SQUAT            IN A 12:00 WINDOW            5-7 SETS (CLIMBING):</p> <p style="text-align: center;">1 FRONT SQUAT</p> <p><b><u>METCON</u></b>            "CHAD PREP"            AMRAP x 25:            BOX STEP-UPS</p> <p>CHALLENGE &amp;            PERFORMANCE:            WEIGHT VEST OR RUCK IF            AVAILABLE            45/30            OR            DB SUITCASE STEP UP            20's/15s</p> <p>FITNESS:            BODY WEIGHT            STEP UP</p>	<p><b><u>METCON</u></b>            "GRACE PERIOD"            FOR TIME:            15-10-5            POWER SNATCHES            15/12 CAL BIKE</p> <p style="text-align: center;">-REST 2 MINUTES-</p> <p style="text-align: center;">15-10-5            CLEAN &amp; JERK            15/12 CAL BIKE</p> <p style="text-align: center;">TIME CAP: 30 MINS</p> <p>CHALLENGE:            115/85            135/95</p> <p>PERFORMANCE:            95/65            115/85</p> <p>FITNESS:            65/55            75/65</p>	<p><b><u>METCON</u></b>            "UPSET STOMACH"            4 ROUNDS            FOR TIME:            400 METER RUN            30 ABMAT SIT-UPS            300FT FRONT RACK            CARRY DUMBBELLS:</p> <p style="text-align: center;">TIME CAP: 25 MINS</p> <p>CHALLENGE &amp;            PERFORMANCE:            50s/35s</p> <p>FITNESS:            35s/20s</p>