



PROGRAMMING DECEMBER 16 - DECEMBER 22, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>STRENGTH</b> BENCH PRESS ON THE 3:00 X 3 SETS: 3 BENCH PRESS</p> <p>SAME WEIGHT ACROSS AIM FOR APPROX. 82%</p> <p><b>METCON</b> "SHOW OF HANDS" ON THE 2:30 X 7 SETS: 8 CHEST TO BAR PULL-UPS 8 SINGLE LEG SQUATS (R) 8 SINGLE LEG SQUATS (L) MAX WALL WALKS</p> <p>CHALLENGE: AS WRITTEN</p> <p>PERFORMANCE: PULL-UPS</p> <p>FITNESS: TOE SPOT RING PULL-UPS SCALED SINGLE LEG SQUATS PARTIAL/SCALED WALL WALKS</p>	<p><b>METCON</b> "PLINKO" AMRAP 40: 20/15 CALORIE ROW 16/14 CALORIE BIKE 20 SHUTTLE RUNS 20 SIT-UPS</p> <p>CHALLENGE: 10 GHD SIT-UPS</p> <p>PERFORMANCE &amp; FITNESS: AS WRITTEN</p>	<p><b>STRENGTH</b> SUMO DEADLIFT ON THE 3:00 X 3 SETS: 3 SUMO DEADLIFTS</p> <p>SAME WEIGHT ACROSS AIM FOR APPROX. 82%</p> <p><b>METCON</b> "DT" [BENCHMARK] 5 ROUNDS FOR TIME: 12 DEADLIFTS 9 HANG POWER CLEANS 6 PUSH JERKS</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE &amp; PERFORMANCE: 155/105</p> <p>FITNESS: 115/75</p>	<p><b>METCON</b> "UPBEAT" FOR TIME: 1,000/900 METER ROW 150 DOUBLE UNDERS 1 MILE RUN 150 DOUBLE UNDERS 1,000/900 METER ROW</p> <p>TIME CAP: 30 MINUTES</p> <p>CHALLENGE &amp; PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 1.5X SINGLE UNDERS</p>	<p><b>STRENGTH</b> FRONT SQUAT ON THE 3:00 X 3 SETS: 3 FRONT SQUAT</p> <p>SAME WEIGHT ACROSS AIM FOR APPROX. 82%</p> <p><b>METCON</b> 5 ROUNDS: 15/12 CALORIE BIKE 6 SANDBAG CLEANS</p> <p>TIME CAP: 15 MINUTES</p> <p>CHALLENGE: 150/100</p> <p>PERFORMANCE: 100/75</p> <p>FITNESS: 75/50</p>	<p><b>METCON</b> 12 DAYS OF CHRISTMAS</p> <p>1 SNATCH 2 CLEANS 3 BAR FACING BURPEES 4 WALL WALKS 5 TOES TO BAR 6 DUMBBELL SNATCH 7 BOX JUMPS 8 WALL BALL 9 PULL-UPS 10 KBS 11 DEADLIFTS 12 MUSCLE UPS (BAR OR RING)</p> <p>CHALLENGE: SNATCH/CLEANS/ DEADLIFT - 155/105 DB SNATCH - 70/50 BOX - 24/20 WALL BALL - 30/20 KBS - 70/53</p> <p>PERFORMANCE: SNATCH/CLEANS/ DEADLIFT - 135/95 DB SNATCH - 50/35 BOX - 24/20 WALL BALL - 20/14 KBS - 53/35</p> <p>FITNESS: SNATCH/CLEANS/ DEADLIFT 75/55 PARTIAL/SCALED WALL WALKS DB SNATCH - 35/25 BOX - 20/20 WALL BALL - 14/10 TOE SPOT RING PULL-UPS KBS - 35/25 JUMPING PULL UPS</p>	<p><b>METCON</b> "GOLDMEMBER" ON THE 2:00 X 5 ROUNDS: 100 METER RUN MAX STRICT PULL-UPS</p> <p>DIRECTLY INTO...</p> <p>ON THE 2:30 X 5 ROUNDS: 250/225 METER ROW MAX SIT-UPS</p> <p>CHALLENGE &amp; PERFORMANCE: AS WRITTEN</p> <p>FITNESS: TOE SPOT RING PULL UPS</p>