



PROGRAMMING DECEMBER 22 - DECEMBER 29, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b> POWER SNATCH 5x3</p> <p>PROGRESSIVE EVERY 2:00 TOUCH &amp; GO UNBROKEN</p> <p>LOOKING FOR TECHNICAL PROFICIENCY!</p> <p><b><u>METCON</u></b> "SHINING ARMOR" 10 ROUNDS FOR TIME: 9 DUMBBELL BENCH PRESS 30' DUMBBELL FRONT RACK LUNGE</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE:</p> <p>PERFORMANCE: 50s/35s</p> <p>FITNESS: 35s/25s</p>	<p><b><u>CHRISTMAS EVE</u></b></p> <p>NO CLASSES</p>	<p><b><u>MERRY CHRISTMAS</u></b></p> <p>NO CLASSES</p>	<p><b><u>SKILL HANDSTAND WALKS</u></b></p> <p><b><u>METCON</u></b> "DASHER" FOR TIME: 800 METER RUN 30 GHD SIT-UPS, 50' HANDSTAND WALK 600 METER RUN 25 GHD SIT-UPS, 50' HANDSTAND WALK 400 METER RUN 20 GHD SIT-UPS, 50' HANDSTAND WALK 200 METER RUN 15 GHD SIT-UPS, 50' HANDSTAND WALK 100 METER RUN 10 GHD SIT-UPS, 50' HANDSTAND WALK</p> <p>TIME CAP: 25 MINUTES</p> <p>CHALLENGE: AS WRITTEN</p> <p>PERFORMANCE: 50-40-30-20-10 AB MAT SIT UPS 15-12-9-6-3 HSPU</p> <p>FITNESS: 50-40-30-20-10 AB MAT SIT UPS 25-20-15-10-5 PUSH-UPS</p>	<p><b><u>STRENGTH</u></b> FRONT SQUAT ON THE 3:00 X 3 SETS: 2 FRONT SQUAT</p> <p>SAME WEIGHT ACROSS AIM FOR APPROX. 86%</p> <p><b><u>METCON</u></b> "OUTKAST" FOR TIME: 30-24-18-12-6 CALORIE ROW 15-12-9-6-3 SQUAT CLEANS</p> <p>WOMEN'S CALORIES: 24-18-14-10-4</p> <p>TIME CAP: 20 MINUTES</p> <p>CHALLENGE: 155/105</p> <p>PERFORMANCE: 135/95</p> <p>FITNESS: 75/55</p>	<p><b><u>METCON</u></b> "MARCO POLO" 3 ROUNDS: 21/15 CALORIE ECHO BIKE 9 BAR MUSCLE-UPS 15 DUMBBELL PUSH PRESS REST 5 MINUTES</p> <p>3 ROUNDS: 21/15 CALORIE ECHO BIKE 12 CHEST TO BAR PULL-UPS 12 DUMBBELL PUSH PRESS</p> <p>TIME CAP: 25 MINUTES</p> <p>CHALLENGE: AS WRITTEN</p> <p>PERFORMANCE: C28, PULL-UPS</p> <p>FITNESS: TOE SPOT PULL-UPS JUMPING PULL-UPS</p>	<p><b><u>METCON</u></b> "SHAMWOW" 8 ROUNDS FOR TIME: 200 METER RUN 10 DOUBLE KETTLEBELL DEADLIFTS</p> <p>KETTLEBELLS: (70/53)'S TIME CAP: 20 MINUTES</p> <p>CHALLENGE &amp; PERFORMANCE: 70/53s</p> <p>FITNESS: 53/35s</p>