



PROGRAMMING DECEMBER 30 - JANUARY 05, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> SUMO DEADLIFT 3 SETS: 1 SUMO DEADLIFT</p> <p>SAME WEIGHT ACROSS AIM FOR 89% 1RM</p> <p><u>METCON</u> "PET PEEVE" 4 ROUNDS FOR TIME: 400 METER RUN 8 POWER SNATCHES 8 DUAL DUMBBELL BOX STEP-UPS</p> <p>CHALLENGE: 135/95 50s/35s 20"/20"</p> <p>PERFORMANCE: 115/85 50s/35s 20"/20"</p> <p>FITNESS: 75/55 35s/25s 20"/20"</p>	<p><u>NEW YEARS EVE</u></p> <p>NO CLASSES</p>	<p><u>HAPPY NEW YEAR</u></p> <p>NO CLASSES</p>	<p><u>STRENGTH</u> BENCH PRESS 3 SETS: 1 BENCH PRESS</p> <p>SAME WEIGHT ACROSS AIM FOR 89% 1RM</p> <p><u>METCON</u> "HOME SWEET HOME" AMRAP 15: 15 HAND RELEASE PUSH-UPS 30 SIT-UPS 60 DOUBLE UNDERS</p> <p>CHALLENGE: 10 HSPU 15 TTB</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 90 SINGLE UNDERS</p>	<p><u>STRENGTH</u> FRONT SQUAT ON THE 3:00 X 3 SETS: 1 FRONT SQUAT</p> <p>SAME WEIGHT ACROSS AIM FOR APPROX. 89%</p> <p><u>METCON</u> "BACKUP PLAN" FOR TIME: 45 FRONT SQUATS 45 STRICT PULL-UPS</p> <p>DIRECTLY INTO.... 400 METER KB FARMERS CARRY</p> <p>PARTITION PART 1 HOWEVER</p> <p>CHALLENGE: 30 FRONT SQUATS 185/135 30 BAR MUSCLE UPS 53/35s</p> <p>PERFORMANCE: AS WRITTEN 135/95 53/35s</p> <p>FITNESS: 95/65 TOE SPOT PULL UPS 35/25s</p>	<p><u>METCON</u> "CLEANING CREW" AMRAP 20: 30/24 CALORIE ROW 20 BOX JUMP OVERS 10 POWER CLEANS 5 WALL-FACING HANDSTAND PUSH-UPS</p> <p>CHALLENGE: AS WRITTEN 155/105</p> <p>PERFORMANCE: 135/95 24"/20" 5 HSPU</p> <p>FITNESS: 95/65 20"/20" 10 PUSH UPS</p>	<p><u>METCON</u> "ASPHALT JUNGLE" 7 ROUNDS: 400 METER RUN MAX UNBROKEN TOES TO BAR</p> <p>REST 1 MINUTE BETWEEN ROUNDS</p> <p>TIME CAP: 30 MINUTES</p> <p>CHALLENGE & PERFORMANCE: AS WRITTEN</p> <p>FITNESS: TOES TO TARGET</p>