



PROGRAMMING DECEMBER 09 - DECEMBER 15, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> BENCH PRESS ON THE 3:00 X 3 SETS: 5 BENCH PRESS</p> <p>SAME WEIGHT ACROSS AIM FOR APPROX. 78%</p> <p><u>METCON</u> "DEATH RACE 2.0" 5 ROUNDS FOR TIME: 15/12 CALORIE BIKE 9 BURPEE BOX JUMPS</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE & PERFORMANCE: 24"/20"</p> <p>FITNESS: 20"/20"</p>	<p><u>METCON</u> "DAMN DANIEL" FOR TIME 50 PULL-UPS 400 METER RUN 32 THRUSTERS 800 METER RUN 32 THRUSTERS 400 METER RUN 50 PULL-UPS</p> <p>TIME CAP: 30 MINUTES</p> <p>CHALLENGE & PERFORMANCE: 75/55</p> <p>FITNESS: 45/35 JUMPING PULL-UPS</p>	<p><u>STRENGTH</u> HANG SNATCH 5X2 PROGRESSIVE</p> <p>SQUAT OR POWER EVERY 2:00 RESET AFTER EACH LIFT WORK UP TO A MODERATELY HEAVY SINGLE NOT 1RM</p> <p><u>METCON</u> "MOVE THE CHAINS" AMRAP 12: 12 ALTERNATING DUMBBELL SNATCHES 12 DUMBBELL BENCH PRESS</p> <p>50' FARMER'S CARRY BETWEEN STATIONS</p> <p>CHALLENGE: 70s/50s</p> <p>PERFORMANCE: 50s/35s</p> <p>FITNESS: 35s/25s</p>	<p><u>METCON</u> "AB-SOLUTE ZERO" 3 SETS: 2 MIN BIKE CALORIES 1 MIN TOES TO BAR</p> <p>REST 3 MINUTES 2 SETS: 2 MIN SHUTTLE RUNS 1 MIN TOES TO BAR</p> <p>REST 3 MINUTES 1 SET: 2 MIN ROW CALORIES 1 MIN TOES TO BAR</p> <p>CHALLENGE & PERFORMANCE: AS WRITTEN</p> <p>FITNESS: HANGING KNEE RAISES</p>	<p><u>STRENGTH</u> FRONT SQUAT ON THE 3:00 X 3 SETS: 5 FRONT SQUAT</p> <p>SAME WEIGHT ACROSS AIM FOR APPROX. 78%</p> <p><u>METCON</u> "HEAVY HANDED" 3 ROUNDS FOR TIME: 150-100-50 DOUBLE UNDERS 12 POWER CLEANS 9 FRONT SQUATS</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE: 185/135</p> <p>PERFORMANCE: 155/105</p> <p>FITNESS: 95/65 SINGLE UNDERS X2</p>	<p><u>METCON</u> "8 CRAZY NIGHTS" 8 ROUNDS FOR TIME: 8 BURPEES 8 V-UPS 8 WALLBALLS 8 RING DIPS 8 BOX JUMPS 8 ALT BW LUNGES 8 GOBLET SQUATS 8 PULL-UPS</p> <p>TIME CAP: 40 MINUTES</p> <p>CHALLENGE: 30/20 24"/20" 70/53</p> <p>PERFORMANCE: 20/14 24"/20" 53/35</p> <p>FITNESS: 14/10 20"/20" 35/25</p>	<p><u>METCON</u> "A LITTLE BIT SOFTER NOW" 30-20-10: CALORIE BIKE RUSSIAN KETTLEBELL SWINGS (70/53)</p> <p>DIRECTLY INTO...</p> <p>10-20-30: CALORIE BIKE KETTLEBELL SWINGS (53/35)</p> <p>WOMEN'S CALORIES: 24-16-8 / 8-16-24</p> <p>TIME CAP: 25 MINUTES</p> <p>CHALLENGE & PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 44/35 35/25</p>