



PROGRAMMING JANUARY 6 - JANUARY 12, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b> FRONT RACK REVERSE LUNGES IN A 12:00 WINDOW 3 SETS: 12 FRONT RACK REVERSE LUNGES 6 REPS EACH LEG BUILD IN WEIGHT TO TECHNICAL FAILURE</p> <p><b><u>METCON</u></b> "HEADS OR TAILS" AMRAP 12: 6 DUMBBELL SNATCHES (R) 6 ALT. DUMBBELL GOBLET REVERSE LUNGES 6 DUMBBELL SNATCHES (L) 6 ALT. DUMBBELL GOBLET REVERSE LUNGES 30 DOUBLE UNDERS</p> <p>CHALLENGE &amp; PERFORMANCE: 50/35</p> <p>FITNESS: 35/25 1.5 SINGLE UNDERS</p>	<p><b><u>SKILL</u></b> ROPE CLIMBS</p> <p><b><u>METCON</u></b> "RHUBARB" 4 ROUNDS: 1 MINUTE ABMAT SIT-UPS 1 MINUTE HAND RELEASE PUSH-UPS 1 MINUTE ROPE CLIMBS 3 MINUTE ECHO BIKE CALORIES</p> <p>CHALLENGE: GHD SIT-UPS HSPU WEIGHT VEST ROPE CLIMBS (20/14)</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: PUSH UPS FLOOR/BODY PULLS OR STANDING CLAMP DRILL</p>	<p><b><u>STRENGTH</u></b> POWER CLEAN IN A 12:00 WINDOW 3 SETS: 12 POWER CLEANS</p> <p>BUILD IN WEIGHT * TO TECHNICAL FAILURE</p> <p><b><u>METCON</u></b> "PEMDAS" AMRAP 8: 1-2-3-4... POWER CLEANS BURPEE BOX JUMPS</p> <p>CHALLENGE: 185/125 30"/24"</p> <p>PERFORMANCE: 155/105 24"/20"</p> <p>FITNESS: 95/65 20"/20"</p>	<p><b><u>METCON</u></b> "SHUT-UP" 6 ROUNDS EVERY 1:30 BUY-IN: 5/3 CAL BIKE MAX SHUTTLE RUNS (SOFT)</p> <p>SCORE IS MAX REPS OF SHUTTLE RUNS</p> <p><b><u>ACCESSORY</u></b> "GUN SHOW" 4 SETS: 8 1-ARM DUMBBELL ROWS (R) 8 1-ARM DUMBBELL ROWS (L)</p> <p>3 SETS: 10 HAMMER CURLS (R) 10 HAMMER CURLS (L)</p> <p>REST 1-2 MINUTES BETWEEN ALL SETS</p>	<p><b><u>STRENGTH</u></b> THRUSTERS IN A 12:00 WINDOW 3 SETS: 12 THRUSTERS</p> <p>BUILD IN WEIGHT * TO TECHNICAL FAILURE</p> <p><b><u>METCON</u></b> "CAKEWALK" FOR TIME: 40-30-20-10 WALLBALLS 400FT KB FARMER'S CARRY (4 X DOWN AND BACK ON RIG)</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE: WALL BALL - 30/20 KB - 70/53</p> <p>PERFORMANCE: WALL BALL - 20/14 KB - 53/35</p> <p>FITNESS: WALL BALL - 14/10 KB - 35/25</p>	<p><b><u>METCON</u></b> "CRUELLA DE VIL" FOR TIME: 30 DEVIL'S PRESS 2,000/1,800 METER ROW 300FT HANDSTAND WALK</p> <p>* PARTITION HOWEVER TIME CAP: 25 MINUTES</p> <p>CHALLENGE: 50/35s HANDSTAND WALKS</p> <p>PERFORMANCE: 50/35s 15 WALL WALKS</p> <p>FITNESS: 35/25s 15 PIKE PUSH UPS</p>	<p><b><u>METCON</u></b> "SIXTH SENSE" AMRAP 6: 200 METER RUN MAX CALORIE BIKE</p> <p>REST 2 MINUTES</p> <p>AMRAP 6: 400 METER RUN MAX CALORIE BIKE</p> <p>REST 2 MINUTES</p> <p>AMRAP 6: 600 METER RUN MAX CALORIE BIKE</p> <p>REST 2 MINUTES</p> <p>AMRAP 6: 800 METER RUN MAX CALORIE BIKE</p> <p>REST 2 MINUTES</p> <p>AMRAP 6: 1,000 METER RUN MAX CALORIE BIKE</p>