



PROGRAMMING JANUARY 27 - FEBRUARY 02, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>SKILL DEADLIFT</p> <p>METCON "MARSTON LITE" [BENCHMARK] AMRAP 20: 1 DEADLIFT 10 TOES TO BAR 15 LATERAL BURPEES OVER BAR</p> <p>CHALLENGE: 405/285</p> <p>PERFORMANCE: 315/205</p> <p>FITNESS: 185/125</p> <p>HANGING KNEE RAISES</p> <p>*DEADLIFT NOT TO EXCEED 80% OF 1RM</p> <p>SPECIAL WARFARE OPERATOR 1ST CLASS WILLIAM BLAKE MARSTON, 31, OF CONCORD, DIED DURING NAVY SEAL PARACHUTE TRAINING IN DELAND, FLA., SATURDAY, JAN. 10, 2015, AT THE AGE OF 31. MARSTON WAS ASSIGNED TO AN EAST-COAST BASED SEAL TEAM AND SERVED IN THE NAVY FOR SIX YEARS. MARSTON COMPLETED SEAL TRAINING IN 2009. HE WAS A MEMBER OF CROSSFIT RIFE.</p>	<p>STRENGTH BACK SQUAT 3 SETS: 3 BACK SQUATS</p> <p>* BUILD IN WEIGHT TO TECHNICAL FAILURE</p> <p>AIM FOR ~80-85% OF 1RM</p> <p>METCON "ABANDON SHIP" AMRAP 5: 50/40 CALORIE ROW + MAX WALLBALLS</p> <p>AMRAP 4: 40/32 CALORIE ROW + MAX WALLBALLS</p> <p>AMRAP 3: 30/24 CALORIE ROW + MAX WALLBALLS</p> <p>AMRAP 2: 20/16 CALORIE ROW + MAX WALLBALLS</p> <p>AMRAP 1: 10/8 CALORIE ROW + MAX WALLBALLS</p> <p>CHALLENGE: 30/20</p> <p>PERFORMANCE: 20/14</p> <p>FITNESS: 14/10</p>	<p>STRENGTH WEIGHTED STRICT PULL-UP 3 SETS: 3 WEIGHTED STRICT PULL-UPS</p> <p>REST 20 SECONDS</p> <p>3 KNEELING MEDBALL SLAMS</p> <p>REST 2 MINUTES BETWEEN SETS</p> <p>METCON "THE SHREDDER" FOR TIME: 35/30 CAL BIKE 40 PULL-UPS 25/20 CAL BIKE 30 DUMBBELL SNATCHES 16/14 CAL BIKE 100M KB FARMER'S CARRY 8/6 CAL BIKE 100 DOUBLE UNDERS</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE: C2B PULL-UP DB - 70/50 KB - 70s/53s</p> <p>PERFORMANCE: DB - 50/35 KB - 53s/35s</p> <p>FITNESS: TOE SPOT PULL UP DB - 35/25 KB - 35s/25s 150 SINGLE UNDERS</p>	<p>METCON "TOSS UP" 4 ROUNDS X AMRAP 4: BUY-IN: 400M RUN</p> <p>MAX ROUNDS... 12 PUSH PRESS 21 BOX JUMPS</p> <p>REST 4 MINUTES BETWEEN ROUNDS</p> <p>* PICK-UP WHERE YOU LEFT OFF INSIDE</p> <p>CHALLENGE & PERFORMANCE: 135/95 24"/20"</p> <p>FITNESS: 95/65 20"/20"</p>	<p>STRENGTH DEADLIFT 3 SETS: 3 DEADLIFTS</p> <p>REST 20 SECONDS</p> <p>2 MAX DISTANCE BROAD JUMPS</p> <p>REST 2 MINUTES BETWEEN SETS</p> <p>AIM FOR ~80-85% OF 1RM</p> <p>METCON "OPPOSITES ATTRACT" FOR TIME: 1-10 POWER CLEANS 10-1 FRONT SQUATS</p> <p>TIME CAP: 15 MINUTES</p> <p>CHALLENGE: 185/115</p> <p>PERFORMANCE: 155/105</p> <p>FITNESS: 115/85</p>	<p>STRENGTH BENCH PRESS 3 SETS: 3 BENCH PRESS</p> <p>* BUILD IN WEIGHT TO TECHNICAL FAILURE</p> <p>AIM FOR ~80-85% OF 1RM</p> <p>METCON "BROWNIE POINTS" 5 ROUNDS X AMRAP 3: 300/270 METER ROW 30 ABMAT SIT UPS MAX BODYWEIGHT REPS</p> <p>REST 1 MINUTE BETWEEN ROUNDS</p> <p>ROUND 1: WALL WALKS</p> <p>ROUND 2: STRICT HANDSTAND PUSH-UPS</p> <p>ROUND 3: KIPPING HANDSTAND PUSH-UPS</p> <p>ROUND 4: BURPEES</p> <p>ROUND 5: PUSH-UPS</p> <p>CHALLENGE: 20 GHD SIT UPS</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: AB MAT SIT-UPS PARTIAL WALL WALKS PIKE PUSH UPS OR HAND STAND NEGATIVES HAND RELEASE PUSH UPS BURPEES PUSH UPS OR KNEE PUSH UPS</p>	<p>METCON "THE BEANSTALK" 5 ROUNDS: 8 SHUTTLE RUNS 3 ROPE CLIMBS 20 KETTLEBELL SWINGS</p> <p>CHALLENGE & PERFORMANCE: 53/35</p> <p>FITNESS: 35/25 PARTIAL CLIMBS OR BODY PULLS OR STANDING FOOT CLAMP DRILL</p>

