



PROGRAMMING FEBRUARY 03 - FEBRUARY 09, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> FRONT RACK REVERSE LUNGE 3 SETS: 8 FRONT RACK REVERSE LUNGES</p> <p>*4 UNBROKEN REPS EACH LEG</p> <p>BUILD IN WEIGHT TO TECHNICAL FAILURE</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p>AIM FOR 65-75% OF 1RM</p> <p><u>METCON</u> "CONTROL+ALT+DELETE" AMRAP 12: 8 ALTERNATING DUMBBELL SNATCHES 6 TOES TO BAR 4 DOUBLE DUMBBELL BOX STEP-UPS</p> <p>CHALLENGE & PERFORMANCE: 50s/35s 20"/20"</p> <p>FITNESS: 35s/25s 20"/20"</p>	<p><u>SKILL</u> ROWING TECHNIQUE</p> <p><u>METCON</u> "STONE COLD" FOR TIME: 120/100 CAL BIKE 2,000/1,800 METER ROW 100 SHUTTLE RUNS (25FT EACH)</p> <p>PARTITION AS DESIRED</p> <p>TIME CAP: 40 MINUTES</p>	<p><u>STRENGTH</u> POWER CLEAN 3 SETS: 8 POWER CLEANS</p> <p>*UNBROKEN POWER CLEANS</p> <p>* REST 2-3 MINUTES BETWEEN SETS</p> <p>AIM FOR 65-75% OF 1RM</p> <p><u>METCON</u> "BREAKING NEWS" 5 ROUNDS: 30 DOUBLE UNDERS 10 UNBROKEN POWER CLEANS*</p> <p>DIRECTLY INTO....</p> <p>5 ROUNDS: 30 DOUBLE UNDERS 10 BURPEES</p> <p>[EVERY POWER CLEAN BREAK]: 10 SECOND PENALTY</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE: 135/95 BAR FACING BURPEES</p> <p>PERFORMANCE: 115/85</p> <p>FITNESS: 95/65</p>	<p><u>METCON</u> "MAGIC 8 BALL" FOR TIME: 1,600 METER RUN 80 ABMAT SIT-UPS 800 METER MEDICINE BALL RUN 40 ABMAT SIT-UPS 400 METER KB FARMER'S CARRY 20 ABMAT SIT-UPS</p> <p>TIME CAP: 35 MINUTES</p> <p>CHALLENGE: MED-BALL - 20/14 80 ABMAT 40 GHD KB - 53s/35s 20 MED-BALL GHD SIT-UPS 20/14</p> <p>PERFORMANCE: 80 ABMAT MED-BALL RUN - 20/14 40 ABMAT KB - 53s/35s 20 MED-BALL ABMAT 20/14</p> <p>FITNESS: MED-BALL - 14/10 KB - 35s/25s</p>	<p><u>STRENGTH</u> THRUSTER 3 SETS: 8 THRUSTERS</p> <p>* UNBROKEN THRUSTERS</p> <p>* REST 2-3 MINUTES BETWEEN SETS</p> <p>AIM FOR 65-75% OF 1RM</p> <p><u>METCON</u> "FRAN" [BENCHMARK] 21-15-9: THRUSTERS PULL-UPS</p> <p>TIME CAP: 10 MINUTES</p> <p>CHALLENGE & PERFORMANCE: 95/65</p> <p>FITNESS: 65/55 TOE SPOT PULL-UPS</p>	<p><u>BRING IN A FRIEND WOD</u></p> <p><u>METCON</u> "THE DINGHY" 8 ROUNDS: 250/225 METER ROW 200 METER RUN</p> <p>REST 1 MINUTE BETWEEN ROUNDS</p> <p>TIME CAP: 30 MINUTES</p> <p><u>ACCESSORY</u> [PART A] 3 SETS: 10 ALTERNATING DUMBBELL STRICT PRESSES</p> <p>*OPPOSITE ARM IN OVERHEAD POSITION *20 REPS TOTAL (10 EACH SIDE)</p> <p>[PART B] 3 SETS: 10 ALTERNATING DUMBBELL BENT OVER ROWS</p> <p>*OPPOSITE ARM PULLED INTO CHEST *20 REPS TOTAL (10 EACH SIDE)</p>	