



PROGRAMMING FEBRUARY 24 - MARCH 02, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b><u>STRENGTH</u></b>            DEADLIFT            1RM OPTION            4 SETS:            1 DEADLIFT</p> <p>BUILD IN WEIGHT TO            TECHNICAL FAILURE</p> <p>REST 1-3 MINUTES            BETWEEN SETS</p> <p>DELOAD OPTION</p> <p>3 SETS:            6 DEADLIFTS</p> <p>APPROX. 50% OF 1RM</p> <p>REST 1-2 MINUTES            BETWEEN SETS</p> <p><b><u>METCON</u></b>            "SNACK TIME"            600 METER RUN            50 TOES TO BAR            40 DUMBBELL PUSH            PRESS            30 DUMBBELL HANG            POWER CLEANS</p> <p>TIME CAP: 15 MINUTES</p> <p>CHALLENGE &amp;            PERFORMANCE            DB: 50/35</p> <p>FITNESS:            DB: 35/25's</p>	<p><b><u>STRENGTH</u></b>            BACK SQUAT            1RM OPTION            4 SETS:            1 BACK SQUAT</p> <p>BUILD IN WEIGHT TO            TECHNICAL FAILURE</p> <p>REST 1-3 MINUTES            BETWEEN SETS</p> <p>DELOAD OPTION</p> <p>3 SETS:            6 BACK SQUATS</p> <p>APPROX. 50% OF 1RM</p> <p>REST 1-2 MINUTES            BETWEEN SETS</p> <p><b><u>METCON</u></b>            "LUNGS &amp; LUNGES"            60-40-20            CALORIE ROW            30-20-10            FRONT RACK            REVERSE LUNGES</p> <p>WOMEN'S CALORIES:            45-30-15</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE:            135/95</p> <p>PERFORMANCE:            115/85</p> <p>FITNESS:            95/65</p>	<p><b><u>STRENGTH</u></b>            WEIGHTED STRICT            PULL-UP            4 SETS:            1 WEIGHTED STRICT            PULL-UP</p> <p>BUILD IN WEIGHT TO            TECHNICAL FAILURE</p> <p>REST 1-3 MINUTES            BETWEEN SETS</p> <p><b><u>METCON</u></b>            "HALLUCINATE"            AMRAP 14:            2 ROPE CLIMBS            4 BURPEE BOX JUMPS            8 DUMBBELL SNATCHES</p> <p>CHALLENGE &amp;            PERFORMANCE:            AS WRITTEN</p> <p>FITNESS:            STANDING CLAMP DRILL            24"/20"            40/25</p>	<p><b><u>STRENGTH</u></b>            BENCH PRESS            1RM OPTION            4 SETS:            1 BENCH PRESS</p> <p>BUILD IN WEIGHT TO            TECHNICAL FAILURE</p> <p>REST 1-3 MINUTES            BETWEEN SETS</p> <p>DELOAD OPTION</p> <p>3 SETS:            6 BENCH PRESS</p> <p>APPROX. 50% OF 1RM</p> <p>*REST 1-2 MINUTES            BETWEEN SETS</p> <p><b><u>METCON</u></b>            "FIRST HAND"            EMOM x 20:            MINUTE 1:            BIKE CALORIES            MINUTE 2:            ABMAT SIT-UPS            MINUTE 3:            DOUBLE UNDERS            MINUTE 4:            REST</p> <p>SCORE IS TOTAL REPS</p>	<p><b><u>OPEN</u></b>  <u>WORKOUT 25.1</u></p>	<p><b><u>METCON</u></b>            "TRI SPRINT INTERVALS            V1"            5 ROUNDS:            AMRAP 4:            30/24 CALORIE ROW            25/20 CALORIE BIKE            MAX 25FT SHUTTLE            RUNS</p> <p>REST 4 MINUTES            BETWEEN ROUNDS</p>	<p><b><u>METCON</u></b>            "GOAL LINE"            FOR TIME:            ON THE 2:00            UNTIL 100 BURPEES:            100 METER RUN            MAX BURPEES</p> <p>TIME CAP: 20 MINUTES</p>