



PROGRAMMING MARCH 03 - MARCH 09, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> BACK SQUAT 5 SETS [BUILDING IN WEIGHT]: 2 BACK SQUATS AT 75-85%</p> <p>REST 1-2 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "TUNNEL VISION" 5 ROUNDS FOR TIME: 15 BOX JUMPS 10 WALLBALLS 5 SANDBAG CLEANS</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE: 24"/20" 30/20 150/100</p> <p>PERFORMANCE: 24"/20" 20/14 100/75</p> <p>FITNESS: 20"/20" 14/10 75/50</p>	<p><u>STRENGTH</u> STRICT PULL-UP 5 SETS [BUILDING IN WEIGHT]: 2 STRICT PULL-UPS</p> <p>REST 1-2 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "CUT BACKS" ON THE 1:30 X 10 SETS: 10-1 PULL-UPS 30 DOUBLE UNDERS MAX CALORIE ROW</p> <p>CHALLENGE: CHEST TO BAR PULL-UPS</p> <p>PERFORMANCE: PULL-UPS</p> <p>FITNESS: JUMPING PULL-UPS 45 SINGLE UNDERS</p>	<p><u>STRENGTH</u> CLEAN & JERK 5x2</p> <p>PROGRESSIVE</p> <p>NEW SET EVERY 3 MINS</p> <p><u>METCON</u> "TIGER BLOOD" 3 ROUNDS FOR TIME: 10 CLEAN & JERKS 400 METER RUN</p> <p>TIME CAP: 15 MINUTES</p> <p>CHALLENGE: 155/105</p> <p>PERFORMANCE: 135/95</p> <p>FITNESS: 95/65</p>	<p><u>SKILL</u> BAR MU</p> <p><u>METCON</u> "GOAT DAY" ON THE MINUTE X 20:</p> <p>MINUTE 1: MAX BIKE CAL. MINUTE 2: BAR MU DRILL</p> <p>FOR QUALITY</p>	<p><u>OPEN</u> <u>WORKOUT 25.2</u></p>	<p><u>METCON</u> "TRI SPRINT INTERVALS V2" 5 ROUNDS: AMRAP 4: 30 X 25FT SHUTTLE RUNS 30/24 CALORIE BIKE</p> <p>MAX CALORIE ROW</p> <p>REST 4 MINUTES BETWEEN ROUNDS</p>	<p><u>METCON</u> "HOLD STILL" 15 ROUNDS FOR TIME: 15-1 KETTLEBELL SWINGS 1 ROPE CLIMB</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE: 53/35 LEGLESS ROPE CLIMBS</p> <p>PERFORMANCE: 53/35</p> <p>FITNESS: 35/25 SINGLE CLAMP DRILL</p>