



PROGRAMMING MARCH 03 - MARCH 09, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> BACK SQUAT 4 SETS (BUILDING IN WEIGHT):</p> <p>2 BACK SQUATS AT 77-87%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "FAR FROM OVER" 30-24-18 BOX JUMP OVERS DUMBBELL REPS 100 METER FARMERS CARRY</p> <p>ROUND 1: DUMBBELL PUSH PRESS ROUND 2: DUMBBELL FRONT SQUATS ROUND 3: DUMBBELL THRUSTERS</p> <p>TIME CAP: 15 MINUTES</p> <p>CHALLENGE: 30"/24" 60's/40's</p> <p>PERFORMANCE: AS WRITTEN</p> <p>SCALED: 24"/20" 35's/25's</p>	<p><u>STRENGTH</u> STRICT PULL-UP 4 SETS (BUILDING IN WEIGHT):</p> <p>2 STRICT PULL-UPS AT 77-87%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "THE HICCUPS" FOR TIME: 800-600-400-200 METER RUN 20-15-10-5 BURPEE PULL-UPS</p> <p>TIME CAP: 20 MINUTES</p> <p>CHALLENGE: 12-9-6-3 BURPEE BAR MUSCLE UP</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: BURPEE JUMPING PULL-UPS</p>	<p><u>STRENGTH</u> DEADLIFT 4 SETS (BUILDING IN WEIGHT):</p> <p>2 DEADLIFTS AT 77-87%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "LICKETY SPLIT" FOR TIME: 1,000/900 METER ROW 20 POWER CLEANS 300 DOUBLE UNDERS *</p> <p>PARTITION HOWEVER YOU'D LIKE</p> <p>TIME CAP: 15 MINUTES</p> <p>CHALLENGE: 225/155</p> <p>PERFORMANCE: 185/135</p> <p>FITNESS: 115/85</p>	<p><u>SKILL</u> RING MUSCLE UP</p> <p><u>METCON</u> "GOAT DAY" ON THE MINUTE X 20:</p> <p>MINUTE 1: MAX BIKE CALORIES MINUTE 2: RING MUSCLE UP DRILLS</p> <p>FOR QUALITY</p>	<p><u>OPEN WORKOUT 25.3</u></p>	<p><u>STRENGTH</u> BENCH PRESS 4 SETS (BUILDING IN WEIGHT):</p> <p>2 BENCH PRESS AT 77-87%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "WORKBENCH"</p> <p>3 ROUNDS FOR TIME:</p> <p>400 METER RUN 21 DUMBBELL BENCH PRESS 3 ROPE CLIMBS</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE & PERFORMANCE: 50s/35s</p> <p>FITNESS: 35/25's SINGLE CLAMP DRILL</p>	<p><u>STRENGTH</u> POWER SNATCH BUILD TO MODERATE SINGLE IN 10 MINS</p> <p><u>METCON</u> "JOKER'S WILD" FOR TIME: 1-10 TOES TO BAR 10-1 POWER SNATCH</p> <p>TIME CAP: 15 MINUTES</p> <p>CHALLENGE & PERFORMANCE: 95/65</p> <p>FITNESS: 75/55 TOES TO TARGET</p>